

만성 기능성 변비의 약물요법

Pharmacological Management of Chronic Functional Constipation

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Kwang Jae Lee, M.D.

Department of Gastroenterology

Ajou University School of Medicine & Hospital

E - mail : kjleemd@hotmail.com

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Abstract

Functional constipation is regarded as a long - standing symptomatic manifestation of abnormal defecation expressed either by a reduced frequency of bowel movements and/or by an altered act of evacuation. Patients with constipation can be treated with laxatives, diets, and regular habits. A thorough evaluation of functional constipation is considered when conservative treatment with dietary advice and use of laxatives fail. Patients with a normal colonic transit and normal anorectal function may only need reassurance, education and dietary advice with fiber supplementation. When such treatment modalities fail to relieve constipation, laxatives including bulk-forming and osmotic agents may be used. Although most laxatives, if used intermittently, are relatively safe, possible side effects, patient compliance and their action mechanisms should be considered when choosing a laxative. A subgroup of patients with a slow colonic transit may not be managed by conventional laxatives, and may need enteroprognetics or stimulant laxatives. This article reviews the assessment and pharmacological treatment of functional constipation.

Keywords : Functional constipation; Laxatives; Colonic transit; Enteroprognetics

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(enteropropinetics)가 .

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 (anthraquinone) (prokinetic agents) .
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 (castor oil), (docusate), . 5 - HT₄
 (dehydrocholic acid) .
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