

Bölüm 7

GEBELİKTE KONSTİPASYONA YAKLAŞIM

Şule GÜL AYDIN¹

GİRİŞ

Gebelikte, gastrointestinal şikayetler, oldukça sık görülmektedir. Bulantı ve kusmanın ardından konstipasyon, en sık görülen semptomdur. Tedavi edilmediği takdirde başta hemoroid, anal fissür, rektal prolapsus gibi ciddi komplikasyonlara yol açarak, hastanın hayat kalitesini oldukça düşürmektedir (1).

Konstipasyonun Tanımı

Defekasyon sıklığında azalma, dışkının sertleşmesi topaklanması, kuruması, defekasyon sırasında zorlanma, defekasyon sonrası rahatlayamama hissi yada dışkının manuel manevra ile boşaltılmaya çalışılması olarak tanımlanabilir (2). Konstipasyon tanımını standardize etmek amacıyla aşırı ıkınma, sert dışkılama, tam olmayan boşalma hissi, anorektal obstrüksiyon, el yardımlı defekasyon, haftada 3 ten az defekasyon, bulgularının ölçütü olarak Roma IV kriterleri kullanılmaktadır. Bu kriterlere göre konstipasyon sadece defekasyon sıklığında azalma değil, dışkıdaki değişiklikleri de içine alan yakınmaların belli bir süre devam ettiği patofizyolojik bir durumdur. Konstipasyonda karın ağrısı ve şişkinlik baskın semptomlar ise İBS (irritabl barsak sendromu) öncelikle akla gelemelidir.

Dışkının şekline bakılarak, konstipasyon tanımlaması yapılabilmektedir. Bu amaçla Bristol Dışkı Skalası kullanılmaktadır. Farklı şekillerdeki dışkı örneklerine bakılarak, kolon transit zamanı hakkında bilgi sahibi olunabilir.

Gebelerde, konstipasyon tanısını daha pratik hale getirmek amacıyla üç başlık altında semptomlar araştırılabilir. Haftada üçten az dışkılama, sert defekasyon ve tam boşalamama hissinin sorgulanması da tanıda kolaylık sağlaması bakımından önerilmektedir (3).

¹ Uzman Doktor, Özel Metro Hastanesi Kadın Hastalıkları ve Doğum Uzmanı, sulegul_82@hotmail.com.tr

sebebiyle tercih nedeni olmaktadır. Yinede gebelikte konstipasyon tedavisinde etkin ve güvenli farklı ajanların kullanımı ile ilgili daha geniş kapsamlı metaanaliz ve randomize kontrollü çalışmalara ihtiyaç vardır.

KAYNAKLAR

1. Longo SA, Moore RC, Canzoneri BJ et al. Gastrointestinal conditions during pregnancy. Clinics in colon and rectal surgery 23 (02), 080-089, 2010
2. Higgins PDR, Johanson JF. Epidemiyoloji of constipation in North America: a systematic review. Am J Gastroenterol 2004; 99(4):750-9
3. Cullen G, O'Donoghue D, Contipation and pregnancy. Best Practice & Research Clinical Gastroenterology Volüme 21, Issue 5, October 2007, Pages 807-818
4. Jewell DJ, Young G. Interventions for treating constipation in pregnancy. Cochrane Database Syst Rev. 2001;(2):d001142.
5. Derbyshire E, Davies J, Costarelli V et al. Diet, physical inactivity and the prevalence of constipation throughout and after pregnancy. Matern Child Nutr. 2006 Jul;2(3):127-34
6. Lawson M, Kern F, Everson GT. Gastrointestinal transit time in human pregnancy: prologation in the second and third trimesters followed by postpartum normalization. Gastroenterology 1985;89:996-9
7. Bruce LA, Behsudi FM. Progesterone effects on three regional gastrointestinal tissues. Life Sci 1979;25:729
8. Christofides ND, Ghatei MA, Bloom SR et al. Decreased plasma motilin concentrations in pregnancy. Br Med J (Clin Res Ed) 1982;285:1453-4
9. Langer B, Grima M, Coquard C et al. Plasma active renin, angiotensin I, and angiotensin II during pregnancy and in preeclampsia. Obstet Gynecol 1998;91:196-202.
10. Rothstein RD, Rombeau JL. Intestinal rotation during pregnancy. Obstet Gynaecol 1993; 81: 817-9.
11. Shafik A, El-Sibai O. Study of the levator ani muscle in the multipara: role of levator dysfunction in defaecation disorders. J Obstet Gynaecol 2002; 22 (2):187-92.
12. Artal R, O'Toole M. Guidelines of the American college of obstetricians and gynaecologist for exercise during pregnancy and the postpartum period. Br J Sports Med 2003;37:6-12.
13. Singer AL, Brandt LJ. Pathophysiology of the gastrointestinal tract during pregnancy. Am J Gastroenterol 1991; 86 (12):1695-1712.
14. Turawa EB, Musekiwa A, Rohwer AC. Interventions for treating postpartum constipation. Cochrane Database Syst Rev 2014; (9): CD010273.
15. Garcia DS, Ruiz CM, Camacho AM. Prevention of constipation during pregnancy with the hydration. Nutr Hosp 2015; 1: 32.
16. Cranston D, McWhinnie D, Collin J. Dietary fibre and gastrointestinal disease. Br J Surg 1988; 75 (86): 508-12.
17. Marlett JA, McBerney MI, Slavin JL. Position of the American Dietetic Association: health implications of dietary fiber. J Am Diet Assoc 2002; 102 (7):993-1000.
18. Medicines and Healthcare Products Regulatory Agency. PAR; Linaforce Granules. THR 13668/0021 London: MHRA; 2001 (<http://www.mhra.gov.uk/home/groups/par/documents/websites-resources/con179745.pdf>).
19. Tincello DG, Teare J, Fraser WD. Second trimester concentration of relaxin and pregnancy related incontinence. Eur J Obstet Gynecol Reprod Biol 2003; 106: 237-8.
20. Tytgat GN, Heading RC, Muller-Lissner S et al. Contemporary understanding and management of reflux and constipation in the general population and pregnancy: a consensus meeting. Alimentary Pharmacology and Therapeutics 2003; 8 (3):291-301.
21. Prather CM. Pregnancy-related constipation. Current Gastroenterology Reports 2004;6 (5) : 402-4.
22. Anne ML. Intravenous versus oral iron for treatment of iron deficiency in non-hemodialy-

- sis-depent patients with crhonic kidney disease. *Am. J. Health-Syst Pharm*-Vol69 Jul 15, 2012; 69 (14):1206-11.
23. Szajewska H, Setty M, Mrukowicz J et al. Probiotics in gastrointestinal diseases in children: hard and not so hard evidence of efficacy. *J Pediatr Gastroenterol Nutr* 2006; 42:454-475.
 24. Elias J, Bozzo P, Einarson A: Are probiotics saf efor use during pregnancy and lactation? *Can Fam Physician* 2011; 57:299-301.
 25. de Milliano I, Tabbers MM, Post JV et al. Is a multispecies probiotic mixture effective in constipation during pregnancy? 'A pilot study'. *Nutrition Journal* 2012; 11:80:1-6.
 26. UK Teratology Information Service. Treatment of Constipation in pregnancy. Newcastle: UK-TIS; 2014 (<http://www.uktis.org/docs/Constipation.pdf>)
 27. Shafe AC, Lee S, Dalrymple JS et al. The LUCK study: Laxative Usage in patients with GP-diagnosed Constipation in the UK, within the general population and in pregnancy. An epidemiological study using the General Practice Research Database (GPRD). *Therapeutic Advances in Gastroenterology* 2011; 4(6):343-363.
 28. Gharehbaghi K, Gharehbaghi DR, Wierrani F et al. Treatment of chronic functional constipation during pregnancy and lactation. *Z Geburtshilfe Neonatal* 2016; 220(1)9-15
 29. Portalatin M, Winstead N. Medical management of constipation. *Clinics in Colon and Rectal Surgery* 2012; 25(1):12-9.
 30. West L, Warren J, Cutts T. Diagnosis of irritable bowel syndrome, constipation and diarrhea in pregnancy. *Gastroenterol Clin North Am* 1992; 21(4):793-801.
 31. Acs N, Banhidy F, Puho EH et al. Senna treatment in pregnant women and congenital abnormalities in their offspring-a population based case control study. *Reprod Toxicol* 2009; 28(1):100-4.
 32. Trottier M, Erebara A, Bozzo P. Treating constipation during pregnancy. *Canadian Family Physician* 2012; 58(8):836-8.
 33. Van Tonningen M. Constipation during pregnancy. In: Schaefer C PP, Miller RK(Ed). *Drugs During Pregnancy and Lactation: Treatment Options and risk Assessment*. 2nd edn. London: Academic Press; 2007.
 34. Clemens KE, Faust M, Jaspers B et al. Pharmacological treatment of constipation in palliative care . *Current Opinion in Supportive and Palliative Care* 2013; 7(2):183-91.
 35. Twycross R, Sykes N, Mihalyo M et al. Stimulant laxatives and opioid-induced constipation. *Journal of Pain and Symptom Management* 2012; 43(2):306-13.
 36. Gal Ezer S, Shaoul R. The safety of mineral oil the treatment of constipation- a lesson from prolonged overdose. *Clin Pediatr (Phila)* 2006; 45(9):856-8.
 37. National Institute for Health and Care Excellence. Prucalopride for the Treatment of Chronic Constipation in Women. NICE Technology Appraisal Guidance 211. London: NICE, 2010 (<https://www.nice.org.uk/guidance/ta211>)
 38. Verghese TS, Futaba K, Latte P. Constipation in pregnancy. *The Obstetrician and Gynaecologist*. 2015;17:111-5.
 39. European Medicines Agency. CHMP Assessment Report: Constella. London: EMA; 2012 (http://www.ema.europa.eu/docs/en_GB/document_library/EPAR_-_Public_assesment_report/human/002490/WC500135624.pdf).