



Health education number:GI-102

Set date:2018.06.05

Review date:2020.05.14

Revised date:2023.09.23

Jaundice



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All information above has been reviewed by Medical and nursing specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital

1. What is Jaundice?

Jaundice is a yellowish pigmentation of the skin, mucosa, and conjunctiva due to high bilirubin levels.

2. What's the cause of jaundice

Bilirubin mainly forms from the daily breakdown and destruction of red blood cells in the bloodstream. Jaundice causes from a disruption (an obstruction) in the normal drainage and excretion of conjugated bilirubin in the form of bile from the liver into the intestine. This leads to the increasing level of conjugated bilirubin in the bloodstream.

3. Underlying conditions that may cause jaundice include

Hemolytic anemia, acute or chronic hepatitis, cancer (liver, pancreas, gallbladder, and bile duct), obstruction of the bile duct, or congenital biliary atresia.

4. Signs and symptoms of jaundice include

Fever, severe abdominal pain, itching, vomiting, light-colored stools, tea-colored urine, a yellow tinge to the skin, and conjunctiva.

5. Treatment for jaundice

- (1) Endoscopic nasociliary drainage (ENBD) is surgery through endoscopic retrograde cholangiopancreatography (ERCP), by putting a small catheter to pass through an open channel and opening the papilla. Bile ducts were dilated and relieved from obstruction.
- (2) Percutaneous transhepatic cholangio drain (PTCD) is a catheter into a blocked bile duct for bile drainage. A doctor will puncture the skin and liver under the guidance of computed tomography (CT) or ultrasound, and insert a PTCD tube in the right place.
- (3) Underlying condition of jaundice should be diagnosed and managed accordingly

6. Self-Care at Home for Jaundice

- (1) Cut your nails and do not scratch when itching.
- (2) Choose clothes with soft, broad, and absorbent garments.

- (3) Cleaning supplies do not contain alcohol.
- (4) Choose high protein, calories, minerals and high-fiber foods fiber, such as eggs, milk, vegetables, fruits, whole grains, etc.
- (5) Choose low-fat, low-oil diet, such as: low-fat or nonfat dairy, skinless fish, chicken breast, lean pork, beef tendon, etc.
- (6) Choose easy-to-digest foods and eat small, frequent meals.
- (7) Pay attention to the use of sleeping pills, antipyretics, and avoid smoking ban to reduce liver load.

7. Conclusion

The way to prevent jaundice is to maintain a good mood and moderate activity every day, adequate sleep, avoid overwork, eat a balanced diet, and not take it casually medicines or home remedies with unknown ingredients. If jaundice is suspected, it is recommended to seek medical treatment and consultation as soon as possible

8. Reference

Healthgrades.(2021, Jan 18) · *Obstructive Jaundice* . <https://www.healthgrades.com/right-care/liver-conditions/obstructive-jaundice>

Let us take the quiz to make sure you understand.

1. Jaundice causes from a disruption (an obstruction) in the normal drainage and excretion of conjugated bilirubin in the form of bile from the liver into the intestine. This leads to the increasing level of conjugated bilirubin in the bloodstream.

Yes No Don't know

2. Signs and symptoms of jaundice include : fever, severe abdominal pain, itching, vomiting, etc.

Yes No Don't know

3. Use cleaning supplies contain alcohol.

Yes No Don't know

4. Choose low-fat, low-oil diet, such as: low-fat or nonfat dairy, skinless fish, chicken breast, lean pork, beef tendon, etc.

Yes No Don't know

5. The way to prevent jaundice is to not take it casually medicines or home remedies with unknown ingredients.

Yes No Don't know