

**CLINICAL FEATURES OF CONSTIPATION DEVELOPMENT IN NEWBORNS
DELIVERED BY CESAREAN SECTION**

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Abstract: This study examined the frequency, causes, and clinical features of constipation development in newborns delivered by cesarean section. Compared to naturally delivered infants, newborns born via cesarean section showed impaired intestinal motility and microbiota formation, which contributed to the development of constipation. The results demonstrated a correlation between the method of delivery and gastrointestinal disorders during the neonatal period.

Keywords: cesarean section, constipation, neonatal period, microbiota, newborn, childbirth

Introduction

In recent years, there has been a worldwide increase in the number of deliveries performed via cesarean section. This trend contributes to the rise in physiological disorders during the neonatal period, particularly concerning intestinal function. During vaginal delivery, a child's passage through the birth canal ensures initial colonization with maternal microbiota. In cesarean-delivered newborns, this process is disrupted, slowing the formation of normal microbiota and negatively affecting intestinal motility.

Research Objective

To study the frequency of constipation development, main causes, and clinical manifestations in newborns delivered via cesarean section.

Materials and Methods

The study was conducted at the "Mother and Child" Genesis Clinic in Fergana from January 2023 to December 2024. A total of 65 healthy newborns were included, divided into two groups:

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| - | Group | 1: | 33 | newborns | delivered | naturally; |
| - | Group | 2: | 32 | newborns | delivered | via cesarean section. |

The participants were aged from 0 to 3 months. Newborns with congenital anomalies, chronic intestinal diseases, or genetic syndromes were excluded. The study analyzed the frequency of defecation, stool consistency, presence of pain during defecation, symptoms of colic, and complaints reported by mothers. Statistical data processing was performed using SPSS 26.0 with t-tests and chi-square tests (χ^2 -test).

Results

The results showed that constipation occurred significantly more often in newborns delivered via cesarean section — in 65% of cases, compared to only 28% in the vaginal delivery group. These infants had firmer stools, frequent crying, abdominal bloating, and discomfort during defecation. In contrast, naturally delivered newborns exhibited soft, regular, and painless stools. The differences between the groups were statistically significant ($P < 0.05$).

Conclusion

Newborns delivered via cesarean section experience delayed formation of normal intestinal microbiota and reduced intestinal motility, contributing to the development of constipation. The study results highlight the necessity of performing cesarean sections strictly based on medical indications. The mode of delivery plays an important role in preventing digestive disorders during the neonatal period.

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