

DEFECATION PATTERN IN ENDOMETRIOSIS

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COLORECTAL SURGEON

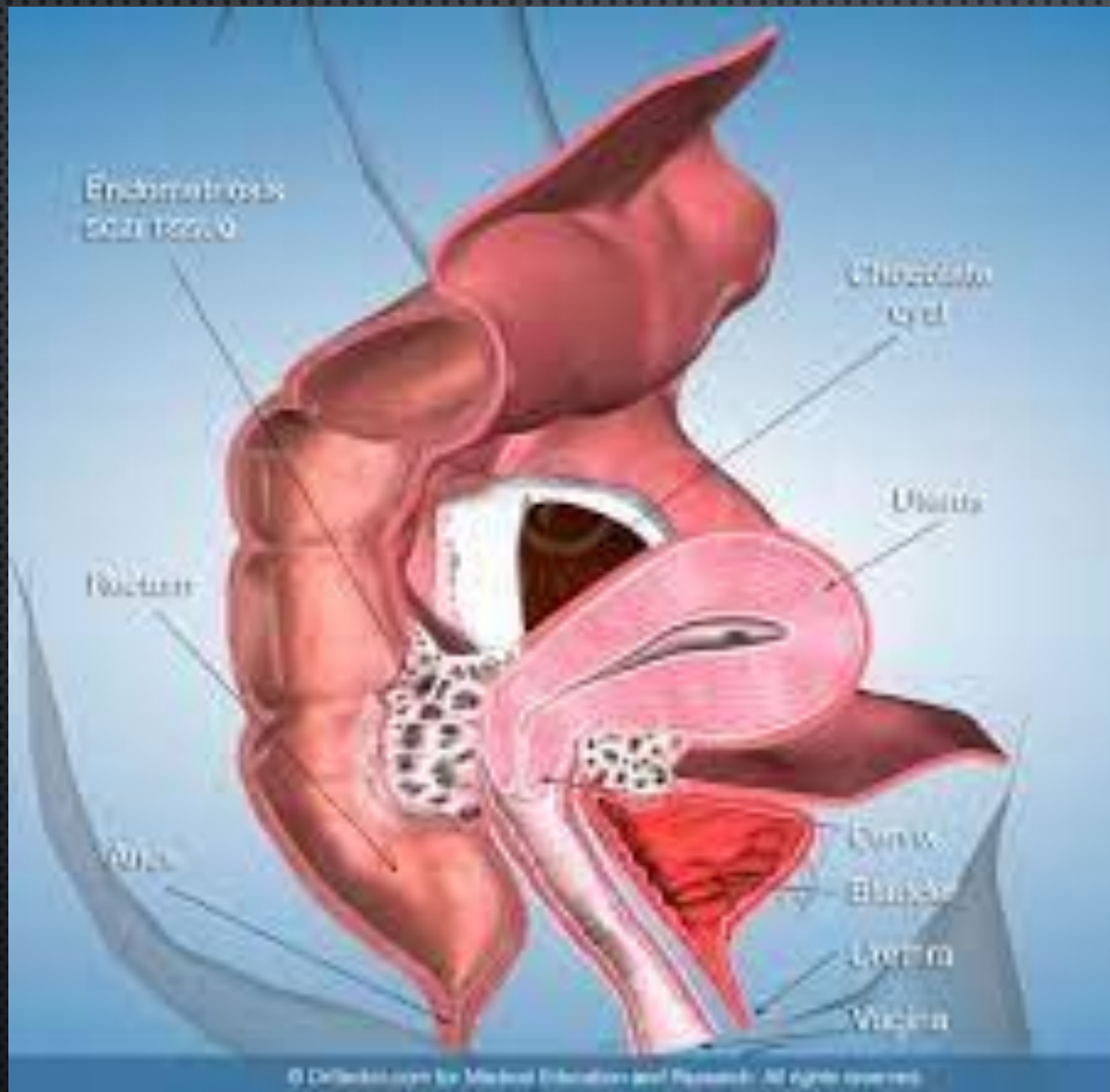


Symptoms relate to endometriosis site

- **Gastrointestinal symptoms of Endometriosis**

- Nausea
- Diarrhea
- Blood in stool
- Bloating
- Vomiting
- Rectal pain
- Rectal bleeding
- Tailbone pain
- Abdominal cramping
- Constipation
- Sharp gas pains
- Painful bowel movements





Digestive tract procedures, n (%)
Rectal shaving
Disc excision
Segmental colorectal resection
Appendectomy
Protective ileostomy

PRE OP BOWEL PREP :



MECH **PREP** PEG , CASTER OIL , STOOL SOFTENER
SUPP BIZACODY OR GLYSERIN,
LIQUID DIET
ENEMA
CHEMICAL PREP ANTIBIOTIC

POST OP RECOMMENDATION :

- EARLY IMOBILIZATION
- HAVING MUCH LIQUID AND WATER
- LESS OPIOD
- LOW RESIDUE DIET





OUTLET DEFECATION SYNDROM

CONSTIPATION

Symptoms of ODS

- ▶ Straining too much and repeatedly
- ▶ Long standing in toilet
- ▶ Frequent calls to defecate
- ▶ Assisted defecation
- ▶ Incomplete evacuation
- ▶ Fragmented defecation
- ▶ Pelvic pressure
- ▶ Rectal discomfort
- ▶ Perineal pain
- ▶ Laxative or enema user
- ▶ Lack of continence
- ▶ Mucorrea
- ▶ Worsen Quality of Life





Biofeedback therapy

- ▶ Patients look at a **polygraph tracing** while attempting to contract the external anal sphincter
- ▶ Through visual "**feedback**" of looking at anal canal pressures during contraction and verbal guidance, patients can learn to appropriately contract the external sphincter in response to the sensation of rectal distension

Table 2. Categories of Anti-constipatory Agents

Category	Mechanisms of Action
Bulk-producing agents	<i>Bulking agents</i> work in both the small and large bowel, with an onset of action of 12 to 72 hours. They bulk up the stool so that it retains more water, making peristalsis easier. Examples include psyllium, methylcellulose, and dietary fiber.
Stool softeners	<i>Stool softeners</i> soften stool and make it "slippery," making the stool easier to pass. These work in the colon and take from 6 to 8 hours to work.
Lubricants or emollients	<i>Lubricants/emollients</i> , such as mineral oil, softens and coat feces, thus preventing colonic water absorption. Vegetable-oil enemas act as lubricants.
Hydrating agents	<i>Hydrating agents</i> increase the water content in the stool, which makes the stool softer and easier to pass. Some of these work by increasing the bowel lumen osmolality. Examples include Fleet phospho-soda and Miralax.
Stimulants	<i>Stimulants</i> stimulate colonic contractions that propel stools forward. These agents irritate the lining of the intestine. Examples include cascara, bisacodyl, and senna.
Others: prostaglandin analogues or prokinetics	<i>Prostaglandins, prokinetic drugs, and other agents</i> change the way the intestine absorbs water and electrolytes, and increase the weight and frequency of stools while reducing transit time.



BOWEL MANAGEMENT :

- 1- GOOD AND HEALTHY DIET
- 2- BIOFEEDBACK IN DEFECATION SYN
- 3- USE SOME STOOL SOFTENER