بنام خداوند جان و خرد



Diagnostic approach in **Refractory** constipation

Mokhtari Amirmajdi E.
MD.
Gastroenterologist

Persistent unresponsive constipation

Patients who experience persistent symptoms despite an adequate trial (usually at least one month or more) of these initial measures warrant additional testing and/or therapy

Management of idiopathic constipation includes:

1. Patient education
2. behavior modification
3. Dietary changes
4. Laxatives
5. Biofeedback (defecatory disorders)
6. Surgery (intractable slow transit)

Approach to a patient with persistent constipation needs a re-evaluation



History

Systemic disorders

Colonoscopy??

The approach to a patient with chronic constipation will depend on whether studies indicate **normal or slowed colonic transit** and whether there is a **defecatory dysfunction**

At least 5 criteria should be met prior to consideration of surgery

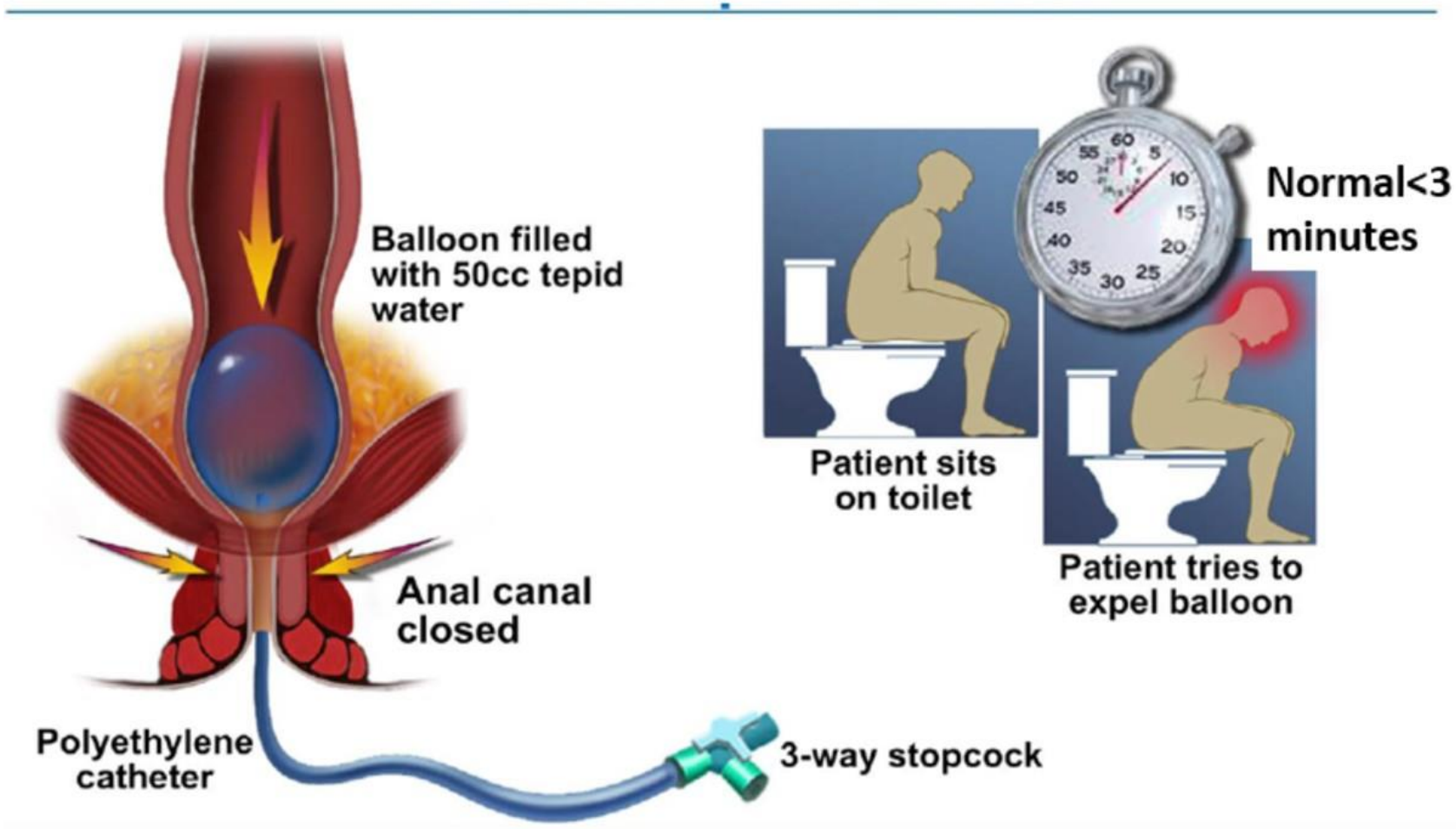
1. **Chronic, severe, disabling** symptoms unresponsive to medical therapy
2. Slow colonic transit
3. Does not have intestinal pseudo-obstruction (X-ray, manometry)
4. Does not have pelvic floor dysfunction (ARM)
5. Does not have IBS



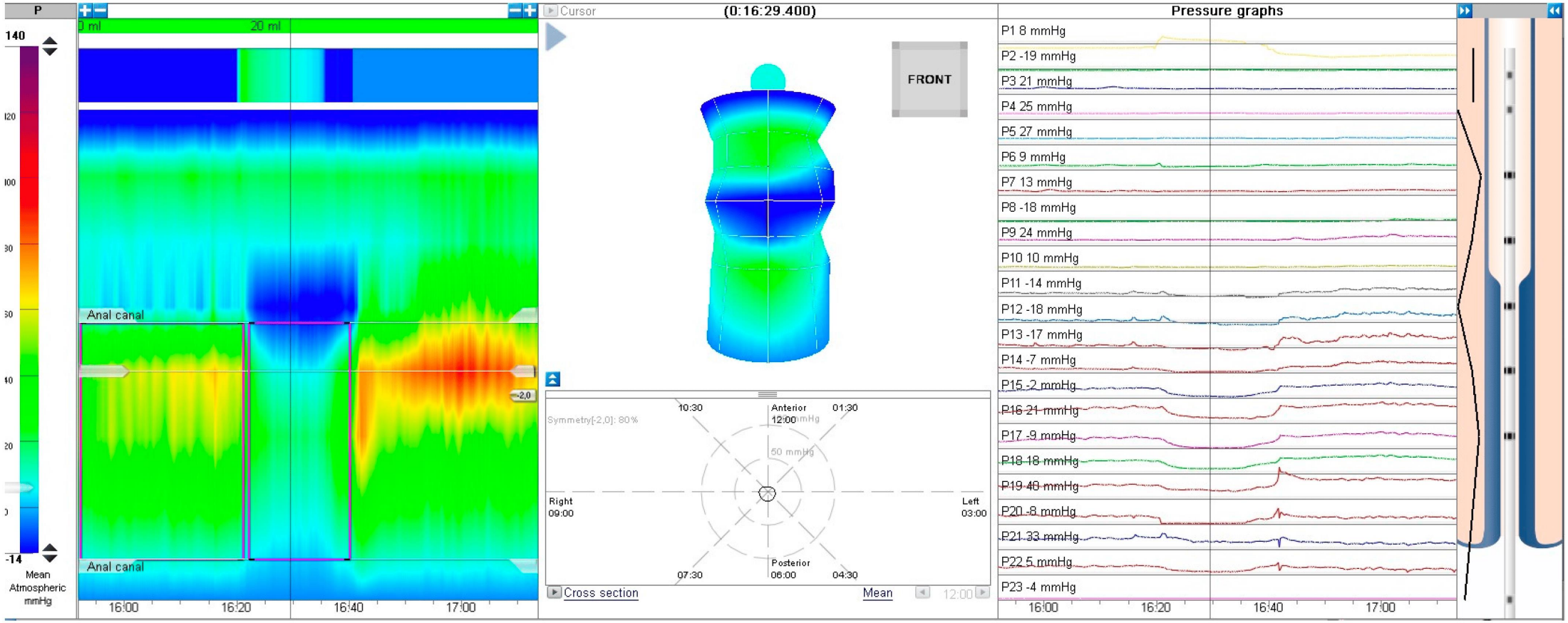
Evaluation for pelvic floor dysfunction

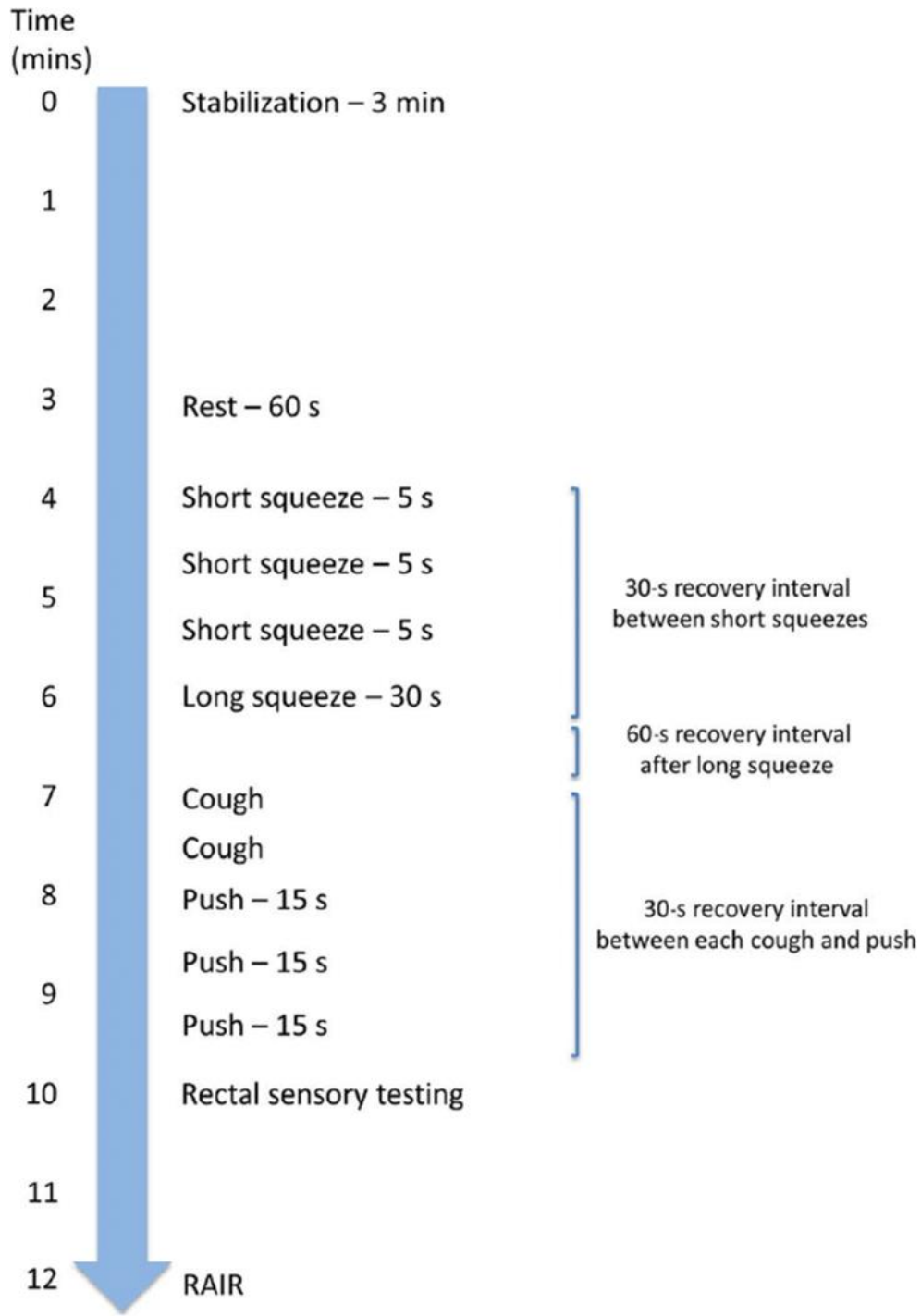
- Balloon expulsion test
- Anorectal manometry
- Defecography

Balloon expulsion test



Anorectal manometry




Time (mins)
0
Stabilization – 3 min
1
2
3
Rest – 60 s
4
Short squeeze – 5 s
Short squeeze – 5 s
5
Short squeeze – 5 s
6
Long squeeze – 30 s
30-s recovery interval between short squeezes
60-s recovery interval after long squeeze
7
Cough
Cough
8
Push – 15 s
Push – 15 s
9
Push – 15 s
30-s recovery interval between each cough and push
10
Rectal sensory testing
11
12
RAIR

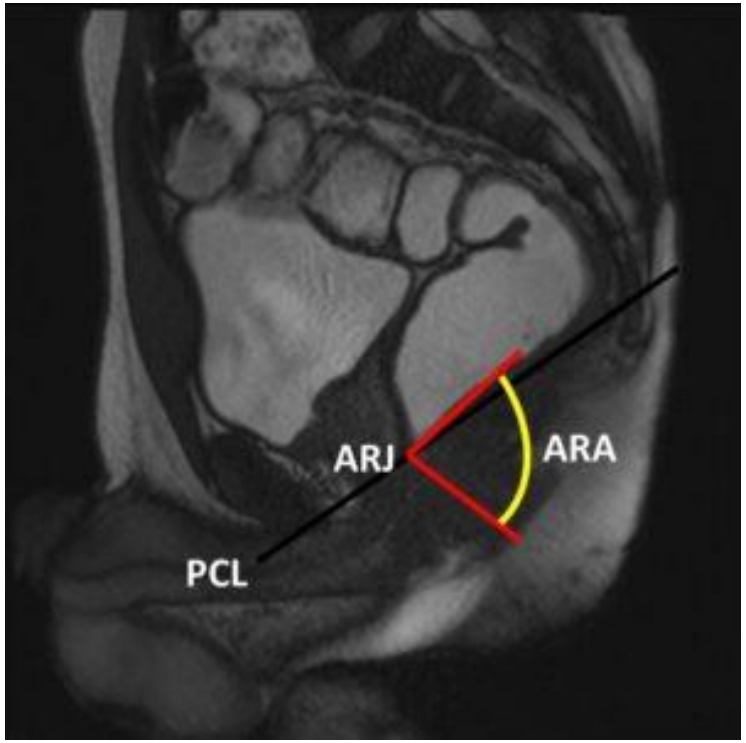
1. Tonicity
2. Contractility
3. Rectal sensation
4. Rectal compliance
5. RAIR
6. PUSH : Dyssynergia..

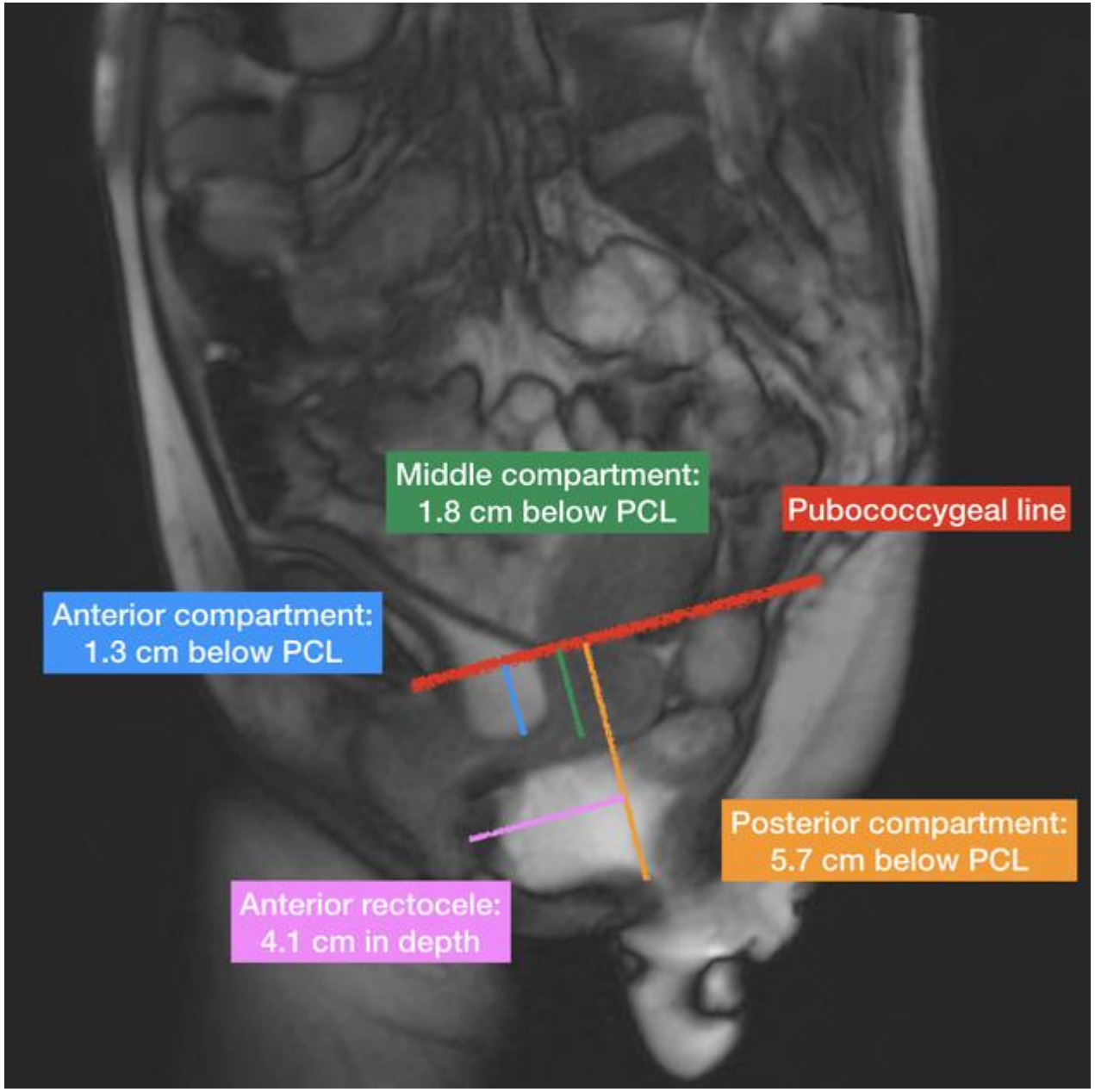
Defecography

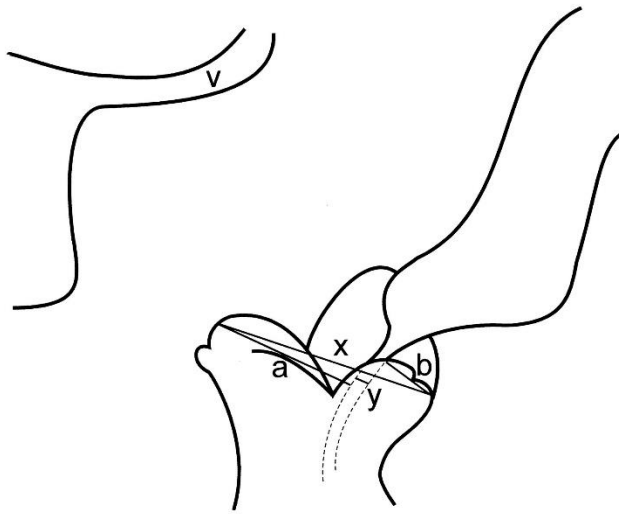
Barium Defecography

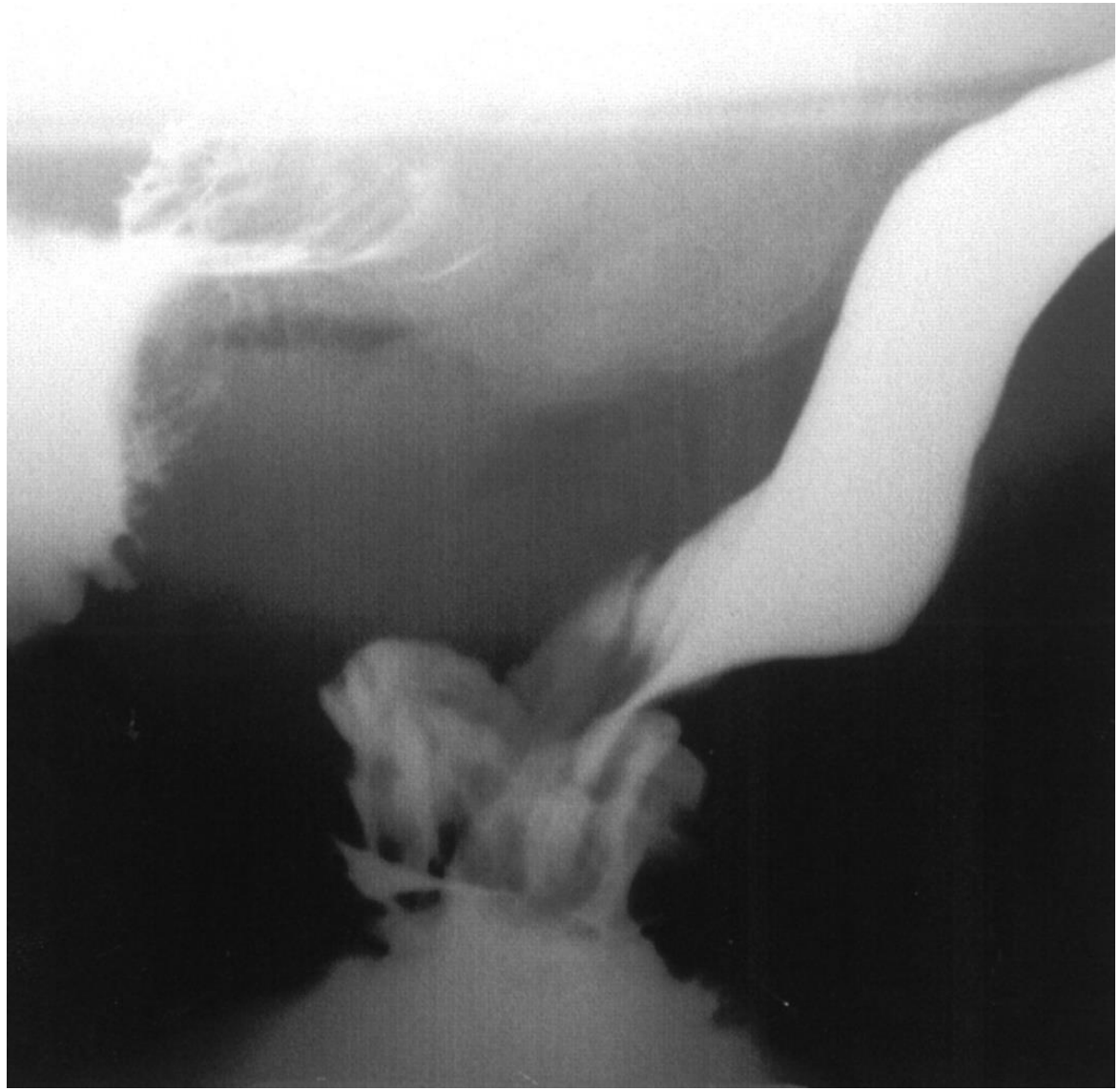


MR Defecography

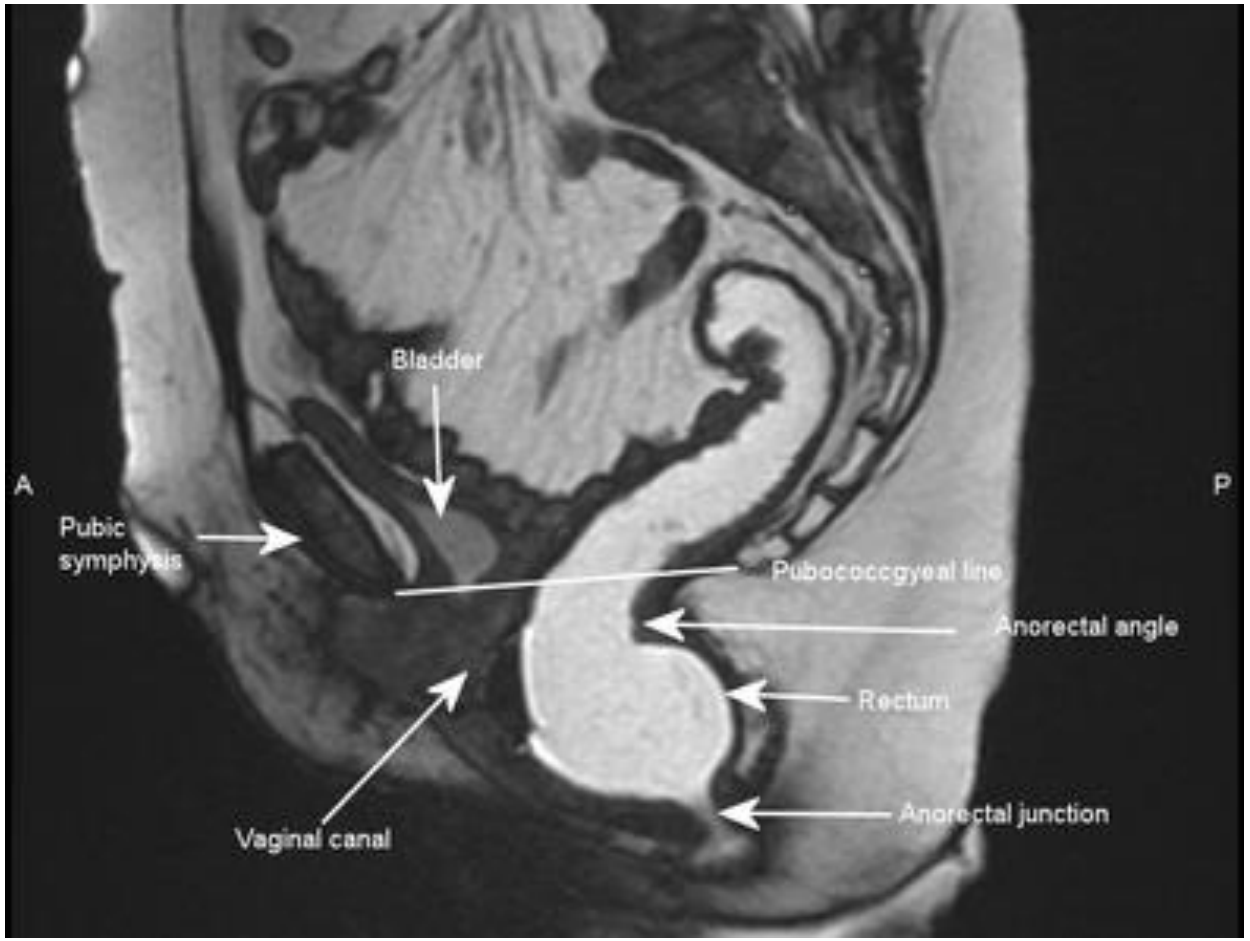





v
x
a
b
y



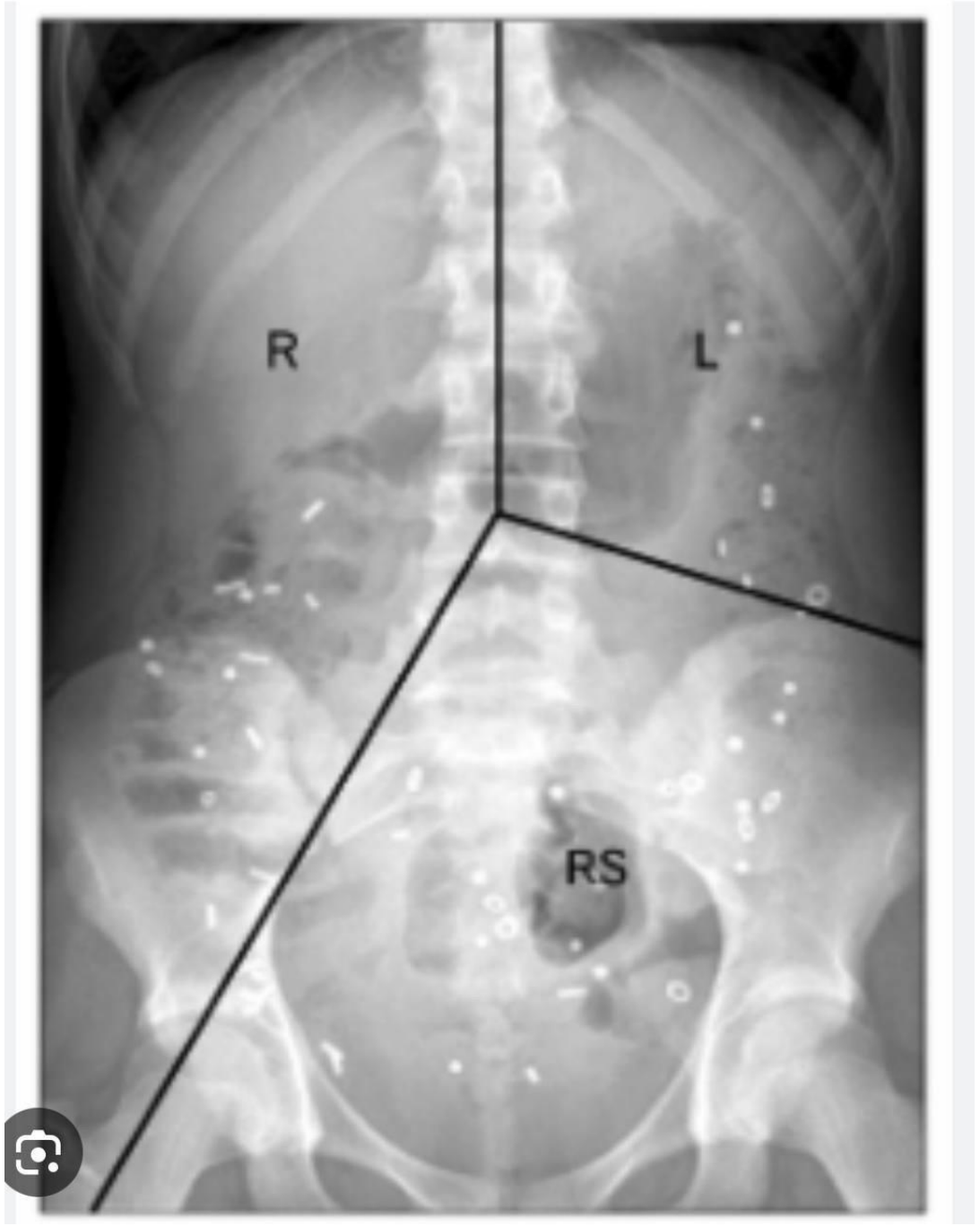
Descending perineum syndrome



Diagnostic modalities for colonic transit

- Radiopaque marker study
- Wireless motility capsule
- Scintigraphy

Colon transit time (CTT)




R
AFTER 1HOURS


Right
120 HOURS


Thank
you !!!
...