

# FECAL INCONTINENCE

## EVALUATION OF FECAL INCONTINENCE

Definition: impaired ability to control the elimination of gas and stool

Incidence between 2 and 8%

Predisposing factors:

- Female
- increasing age
- decreased mental & physical status

**Table 1 Etiology of Anal Incontinence**

Category		Etiology
Sphincteric	Traumatic	Obstetric Anorectal surgery Rectal or anal cancer
	Neoplastic	
Neurologic	Primary (idiopathic)	Pudendal neuropathy
	Secondary	Nerve injuries
	Sensory	Diabetic neuropathy
Stool Characteristics	Diarrheal states	Inflammatory bowel disease Infectious diarrhea Laxative abuse Malabsorption Radiation enteritis
		Constipation
	Rectum	Poor capacity and compliance

Initial evaluation - History

- Define incontinence: flatus vs. stool (liquid vs. solid)
- Characterize BM including frequency, duration and pattern of incontinence
- Soiling?...fistula, prolapse, hemorrhoids
- Urgency? ..... decreased rectal compliance
- Urge to defecate?: pelvic floor or anal sphincter injury
- No urge to defecate: neuropathic incontinence
- Medications: laxatives, antibiotics, pancreatic enzyme
- Past surgical history: anorectal, obstetric

Initial evaluation - Physical examination

- Inspect for scarring of the anorectum
- Anal wink: intact sacral reflex arc and pudendal nerve
- Digital exam to assess external and internal sphincter and puborectalis function
- Bimanual exam in female to evaluate the rectovaginal septum

Anorectal endoscopy

r/o fistula, fissures, hemorrhoids

## Anorectal manometry

**Table 2 Normal Values for Anal Manometry Testing**

Anal Manometry Test	Normal Values
Resting pressure	40–70 mm Hg
Squeeze pressure	100–180 mm Hg
RAIR	Present
Sensory threshold	10–30 mL
Rectal capacity	100–250 mL
Rectal compliance	3–15 mL/mm Hg

mm Hg, millimeters of mercury; RAIR, rectoanal inhibitory reflex.

Pudendal nerve terminal motor latency

Anal endosonography

Endoluminal MRI

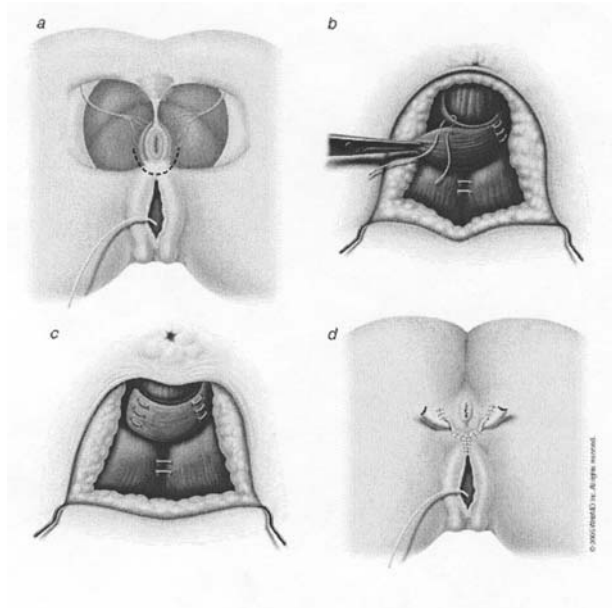
## MANAGEMENT OF FECAL INCONTINENCE

### Non-Surgical

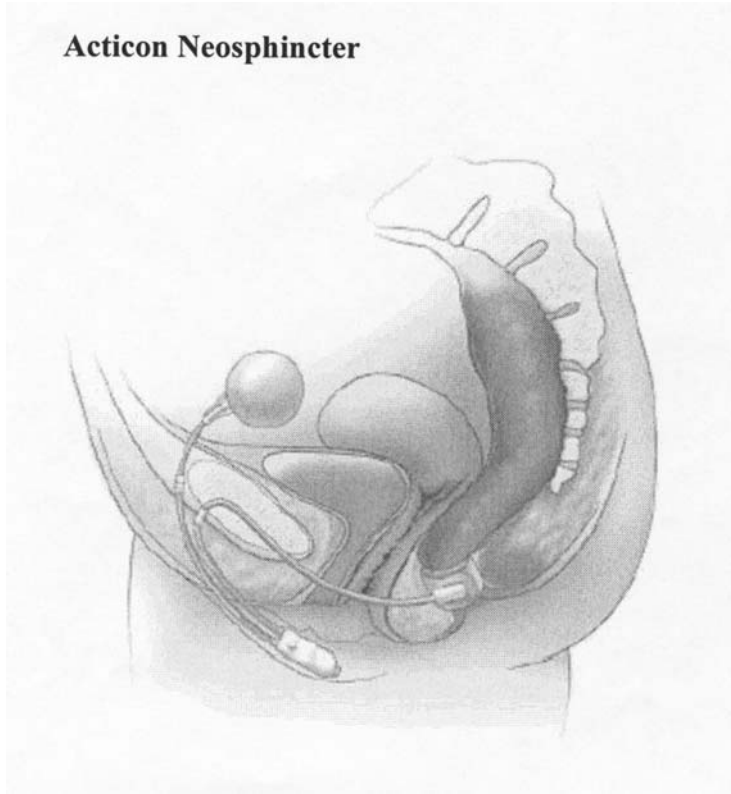
- Diet modification
  - adding fiber will improve diarrhea and constipation
- Pharmacotherapy
  - antimotility agents
  - topical phenylephrine
  - enema
- Biofeedback
  - to improve sensation, coordination and strength

### Overlapping sphincteroplasty

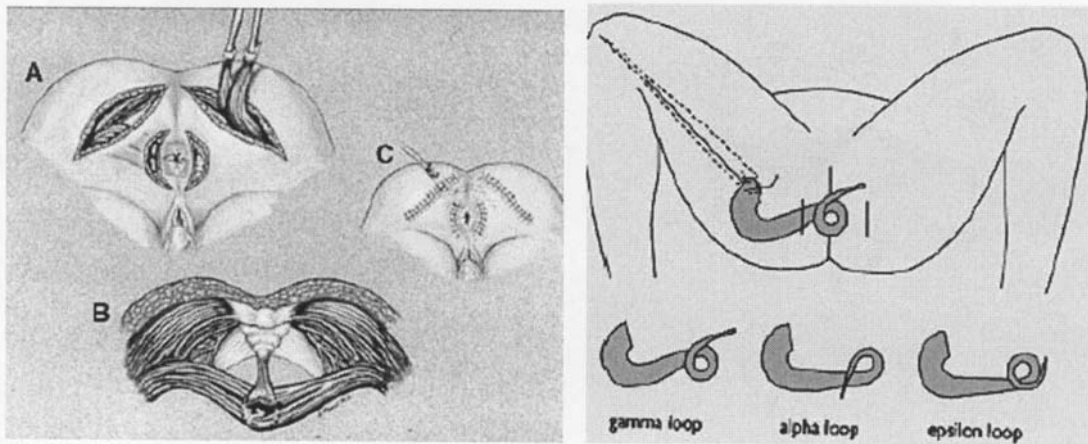
- surgical treatment of choice
- average 60% success



### Acticon Neosphincter



### Muscle transposition



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