



## CENTER OF SURGICAL EXCELLENCE

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### Fecal Incontinence

Fecal incontinence is one of the most psychologically and socially debilitating conditions in an otherwise healthy person. It can lead to social isolation, loss of self-esteem and self-confidence, and depression.

Fecal incontinence also called bowel control problem is the accidental passing of solid or liquid stool from the rectum. This can occur while passing gas, coughing, sneezing, or the inability to hold a bowel movement until reaching a toilet.

Common causes of fecal incontinence include diarrhea, constipation, and muscle or nerve damage. People of any age can have a bowel control problem though fecal incontinence is more associated with aging or with giving birth.

Whatever the cause, fecal incontinence can be embarrassing. Many people with fecal incontinence feel ashamed and try to hide the problem. However, people with fecal incontinence should not be afraid or embarrassed to talk with their Doctor. Fecal incontinence is often caused by a medical problem and treatments are available.

#### Testing for Fecal Incontinence

Anal Manometry is an evaluation of the strength of the muscles that control your bowel movements which may be the cause of your \*Fecal incontinence, \*Leakage, \*Itching of the rectum, \*Bleeding, and \*Wearing diapers to protect your clothing.

The test is performed by placing a small flexible tube (the size of a drinking straw) into the rectum. Pressure monitors inside the tube transmit the muscle impulses to a graph similar to that of an electrocardiogram (like a heart rhythm monitor). It is a painless procedure and takes approximately 15 minutes to perform. You do not need any numbing or anesthesia for this painless procedure. Once the procedure is completed the Dr. will study the results and discuss his findings with you.

#### Treatments

There are multiple treatments for Fecal Incontinence. Speak with you physician to see which would be the best treatment for you.