

Pelvic floor disorders

Conservative measures

A decorative graphic consisting of several horizontal lines of varying lengths and colors (teal, light blue, white) extending from the right side of the slide towards the center.

Faecal Incontinence/obstructive defaecation:

- Symptom, not a diagnosis
- Treatment: cause/pathology

Maintaining continence

- Anal sphincters
- Pelvic floor
- Stool volume/consistency
- Rectal compliance
- Neurologic function

Medical VS surgical therapy

- Thorough history
- Impact QOL
- Patient expectations/perception
- Treat underlying conditions

Nonoperative Management

- Aim: Regulate bowel habits/decreasing bowel habits

Nonoperative Management








- Dietary measures
- Medical therapy
- Biofeedback

Nonoperative Management

- **Dietary measures**
- Medical therapy
- Biofeedback

Dietary measures

- Goal: bulkier stool (sense/control)

| BRISTOL STOOL CHART | | | |
|---|--------|--|----------------------|
|  | Type 1 | Separate hard lumps | Very constipated |
|  | Type 2 | Lumpy and sausage like | Slightly constipated |
|  | Type 3 | A sausage shape with cracks in the surface | Normal |
|  | Type 4 | Like a smooth, soft sausage or snake | Normal |
|  | Type 5 | Soft blobs with clear-cut edges | Lacking fibre |
|  | Type 6 | Mushy consistency with ragged edges | Inflammation |
|  | Type 7 | Liquid consistency with no solid pieces | Inflammation |

Dietary measures

- Fiber increase (natural/synthetic), 30g/d
- Adding bulk + absorb fluid
- 50% reduction FI with daily fiber supplementation (Bliss et al.)
- Bloating/wind (soluble/nonsoluble)
- Vegetables/fruits/legume/wheatproducts/
potatoes
- Avoidance:caffeine/chocolate/citrus/spicyfood/
beer

Dietary measures

← → ↻ <https://www.google.be/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=vezelrijke+voeding>

Google 🔍

- vezelrijke voeding
- vezelrijk voedsel
- vezelrijk fruit
- vezelrijk ontbijt

Ongeveer 51.500 resultaten (0,25 seconden)

Vezelrijke voeding - Spijsvertering.info
www.spijsvertering.info > Spijsvertering gezond houden > Voeding ▾
Vezelrijke voeding is belangrijk voor een gezonde spijsvertering en goede stoelgang. Vezels zijn plantendeeltjes, die niet verteerd worden in de dunne darm.

Vezelrijk dieet: complete lijst met voeding rijk aan ... - Salusi.nl
<https://www.salusi.nl/lijst-vezelrijk-eten-voeding-rijk-aan-voedingsvezels/> ▾
22 jun. 2014 - Hieronder vind je een lijst met vezelrijke voeding & voedingsmiddelen, verdeeld over de categorieën 'Brood & ontbijtgranen', 'Aardappelen, ...
Vezels & afvallen - 4 tips voor je dagelijkse portie ... - Koffie

VOEDINGSVEZELS - Gezondheidstest
www.gezondheidstest.be/testjes/VD_vezelstekst.pdf ▾
Een vezelrijke voeding vraagt om water. Voedingsvezels in de praktijk. Vezels moet je bij elke maaltijd eten. Ontbijt of tussenmaaltijd, let erop dat je de vezelrijke ...

Verstopping: Ik wil vezelrijke voeding eten | Thuisarts.nl
<https://www.thuisarts.nl/verstopping/ik-wil-vezelrijke-voeding-eten> ▾
Vezels zorgen ervoor dat ontlasting meer vocht vasthoudt. U krijgt hierdoor meer en zachtere ontlasting. Drink ten minste 1,5 tot 2 liter per dag. Eet 30 gram ...

Vezelrijk dieet: recepten - De Voorzorg - Limburg
www.devoorzorg.be/limburg/.../voeding.../Vezelrijk-dieet-recepten.aspx ▾
30 mei 2012 - Bij een vezelrijk dieet eet je voeding rijk aan vezels. Vezels zijn altijd van plantaardige oorsprong. Ze worden in de darmen niet of nauwelijks ...

Kom alles te weten over vezelrijk voedsel! Vezelrijk Voedsel
vezelrijkvoedsel.net/ ▾
Op deze site is relevante informatie gebundeld over vezelrijke voeding die je hopelijk kan helpen bij al je vragen! De site is dus specifiek opgericht om je alles ...

Vezelrijke voeding - Becel pro.activ

| Productgroep | Voedingsmiddel | Vezelgehalte (g) per 100 g product | Portie | Vezelgehalte (g) per portie | |
|--|-----------------------------|------------------------------------|---------------------------------------|-----------------------------|-----|
| Aardappelen, deegwaren en graanproducten | Aardappelen gekookt | 3,1 | Opscheplepel = 50 gram | 1,5 | |
| | gebakken | 2,9 | Opscheplepel = 50 gram | 1,3 | |
| | puree (instant poeder) | 0,8 | Opscheplepel = 50 gram | 0,3 | |
| | Bulgur onbereid | 1,7 | Opscheplepel = 50 gram | 1 | |
| | Couscous gekookt | 1,7 | Opscheplepel = 50 gram | 1 | |
| | Macaroni (gekookt) naturel | 0,6 | Opscheplepel = 50 gram | 0,5 | |
| | volkoren | 4,4 | Opscheplepel = 50 gram | 2 | |
| | Rijst (gekookt) wit | 0,5 | Opscheplepel = 50 gram | 0,25 | |
| | zilvervies | 1,4 | Opscheplepel = 50 gram | 0,5 | |
| | Spaghetti (gekookt) naturel | 0,6 | Tang = 50 gram | 0,5 | |
| | volkoren | 4,4 | Tang = 50 gram | 2 | |
| | Wraps rijstbloem | 2,4 | Stuk = 40 gram, | 0,5 | |
| | maïsmeeel | 4,4 | waarvan 1 deel | 0,5 | |
| | tarwemeel | 11,0 | bloem/meel (15 gram) en 2 delen vacht | 1,5 | |
| Brood- en ontbijtproducten | All-Bran | 27,0 | Eetlepel = 5 gram | 1,5 | |
| | Beschuit naturel | 2,0 | Stuk = 10 gram | 0 | |
| | Beschuit volkoren | 8,5 | Stuk = 10 gram | 1 | |
| | Blue Band Goede Start | 6,8 | Snee = 35 gram | 2,5 | |
| | Brinta (exl. melk) | 10,5 | Portie = 25 gram | 2,5 | |
| | Cornflakes | 3,0 | Schaaltje = 30 gram | 1 | |
| | Cream Crackers naturel | 2,2 | Stuk = 15 gram | 0,5 | |
| | Croissants | 2,7 | Stuk = 40 gram | 1 | |
| | Drinkontbijt gemiddeld | 1,5 | Glas = 150 ml | 2 | |
| | Goede Morgen | 0,9 | Glas = 200 ml | 2 | |
| | Hero | 2,0 | Glas = 200 ml | 4 | |
| | Knäckebröd sesam | 6,0 | Stuk = 15 gram | 0,9 | |
| | Knäckebröd vezelrijk | 24,0 | Stuk = 15 gram | 3,6 | |
| | Knäckebröd volkoren | 15,3 | Stuk = 15 gram | 2,5 | |
| | Krentenbrood | 3,0 | Snee = 35 gram | 1 | |
| | | | Bol = 50 gram | 1,5 | |
| | Muesli/ cruсли | 5,0 | Eetlepel = 10 gram | 0,5 | |
| | Ontbijtkoek naturel | 2,5 | Plak = 25 gram | 0,5 | |
| | Ontbijtkoek volkoren | 4,5 | Plak = 25 gram | 1 | |
| | Pap | 0,5 | Schaaltje = 150 gram | 1 | |
| | Rijstwafel | 4,1 | Stuk = 10 gram | 0,5 | |
| | Roggebrood donker | 8,8 | Snee = 50 gram | 4 | |
| | Roggebrood licht | 8,3 | Snee = 25 gram | 2 | |
| | Tarwebrood | 5,1 | Snee = 35 gram | 2 | |
| | Volkorenbrood | 6,8 | Snee = 35 gram | 2,5 | |
| | Witbrood | 2,7 | Snee = 35 gram | 1 | |
| | Tussendoortjes | Chips | 4,6 | Handje = 25 gram | 1 |
| | | Eierkoek naturel | 0,6 | Stuk = 30 gram | 0 |
| | | Evergreen | 5,7 | Stuk = 20 gram | 1 |
| | | Koekje gemiddeld | 2,2 | Stuk = 10 gram | 0 |
| | | Mueslireep | 5,1 | Reep = 25 gram | 1,5 |
| | | Noten gemengd | 8,3 | Handje = 25 gram | 2 |
| | | Studentenhaver | 8,1 | Handje = 25 gram | 2 |

| Productgroep | Voedingsmiddel | Vezelgehalte (g) per 100 g product | Portie | Vezelgehalte (g) per portie |
|--------------|-----------------------------------|------------------------------------|------------------------|-----------------------------|
| Peulvruchten | Bonen, bruine blik | 7,6 | Opscheplepel = 50 gram | 4 |
| | Bonen, soja gedroogd | 22,0 | | |
| | gekookt | 13,2 | Opscheplepel = 50 gram | 6,6 |
| | Bonen, witte blik, in tomatensaus | 5,2 | Opscheplepel = 50 gram | 2,5 |
| | Erwten, dop-blik | 4,7 | Opscheplepel = 50 gram | 2,5 |
| | gekookt | 4,7 | Opscheplepel = 50 gram | 2,5 |
| | Erwten, kikker-gekookt | 6,7 | Opscheplepel = 50 gram | 3,5 |
| | Erwten, split- | 8,2 | Opscheplepel = 50 gram | 4 |
| | Kapucijners blik | 6,6 | Opscheplepel = 50 gram | 3,5 |
| | Kousenband gekookt | 3,5 | Opscheplepel = 50 gram | 2 |
| | Linzen gekookt | 5,3 | Opscheplepel = 50 gram | 2,5 |
| | Pinda's | 7,7 | Handje = 25 gram | 2 |

Vezelrijke producten, het vezelgehalte en de portiegrootte (Dieetinzicht, 2010; Nevo-tabel, 2006)

Dietary measures

- Treat lactose intolerance/coeliakie/IBD
- Life style changes/timing of meals

Nonoperative Management

- Dietary measures
- **Medical therapy**
- Biofeedback

Medical Therapy

- Bulking agents
- Constipation agents
- Laxative regime

Mecial Therapy/ bulking agents



Medical Therapy/constipating agents

Drug treatment for faecal incontinence in adults (Review)

Omar MI, Alexander CE



This is a reprint of a Cochrane review, prepared and maintained by The Cochrane Collaboration and published in *The Cochrane Library* 2013, Issue 6

<http://www.thecochranelibrary.com>

Medical Therapy / constipating agents

- Loperamide
- Codeine
- Amitriptyline
- Tablets VS elixir

Medical Therapy/constipating agents

- Loperamide
 - Synthetic opoid, Mu-receptor
 - Decreases small/large intestinal peristalsis
 - Anal resting sphincter pressure
 - Rectal sensation
 - Retention of fluid load
 - Increases Rectoanal Inhibitory Reflex (RAIR)
- Codeine
- Amitriptyline
- Tablets VS elixir

Medical Therapy / constipating agents

- Loperamide
- Codeine
- Amitriptyline
 - Anticholinergic
 - Reduction frequency and amplitude of rectal motor complexes
- Tablets VS elixir

Medical Therapy / laxative agents



Medical Therapy / laxative agents

- Treatment of overflow incontinence
 - Reduce stress
 - Review/modification medication (formation/composition of stool)
 - Lifestyle changes
- Laxativa
- Scheduled disimpactions

Medical Therapy/laxative agents

- Treatment of overflow incontinence
- Laxativa
 - Dietary fibers
 - Bulk forming agents (bloating/flatulence)
 - Osmotic laxativa (Movicol/Fleet/MagnesiumHCL)
 - Colonic irritants (Dulcolax) ->poor colon function
 - Mineral Oil
- Scheduled disimpactions



Medical Therapy/laxative agents

- Treatment of overflow incontinence
- Laxativa
- Scheduled disimpactions
 - **Enema/suppository**
 - Distention (Saline enema)
 - Rectal irritation (Soapsuds, Biscacodyl)
 - Softening of stool (Glycerine suppository)
 - Habituation!
 - Self administered/left sided wash out

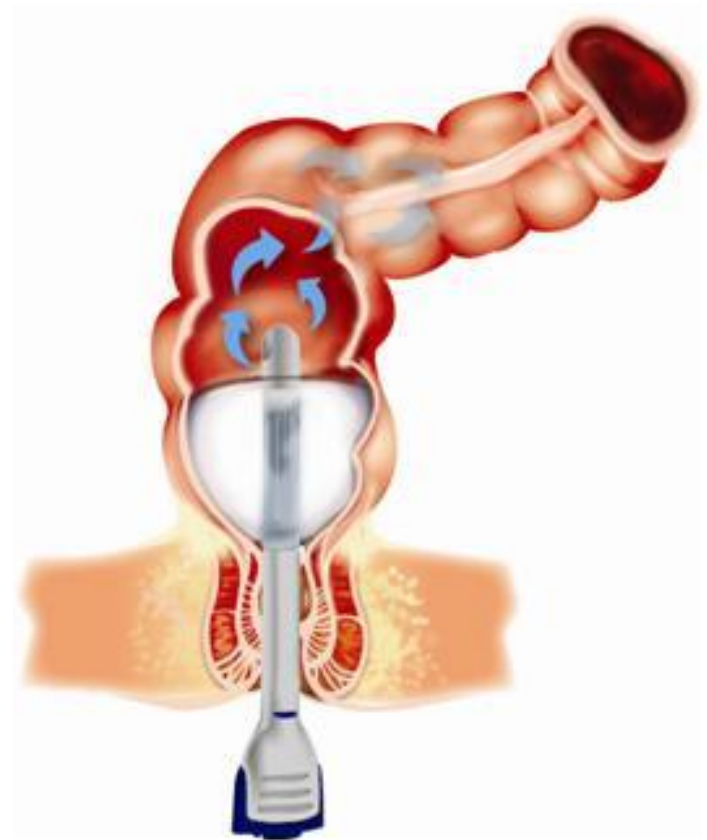
Medical Therapy/laxative agents

- Treatment of overflow incontinence
- Laxativa
- Scheduled disimpactions
 - Chassagne et al: 30g lactulose daily VS 30g lactulose daily + glycerin suppository + weekly tap-water enema
 - 35% reduction faecal incontinence episodes
 - 42% reduction soiled laundry

Medical Therapy/laxative agents

- Treatment of overflow incontinence
- Laxativa
- Scheduled disimpactions
 - Left sided wash out
 - 300-500ml tap H₂O (warm)
 - 1-2 minutes
 - Urge to defaecate 10-15 mins afterwards
 - Tailoring timing to symptoms

Medical Therapy/laxative agents



Nonoperative Management

- Dietary measures
- Medical therapy
- **Biofeedback**

Biofeedback

- Visual/auditory/sensory information
- Improve patients ability to sense rectal distention
- Reinforce appropriate sphincter contractions
- First line treatment
- www.pelvired.be

Biofeedback

- Heymen et al: RCT biofeedback VS pelvic floor exercises
 - Complete continence: 44% VS 21%
 - Greater increase anal squeeze pressure
 - Adequate relief 3months: 76% VS 41%
- Norton et al: Biofeedback not superior to laxativa/medical treatment/alternative treatment (Chochrane systematic review)

Biofeedback

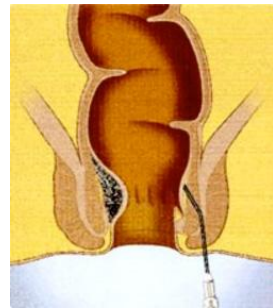
- Long term: attenuation -> refresher training
- Short term succes
 - Completion 6 full training sessions
 - Female gender
 - Older age (<61)
 - More severe incontinence

Pelvic floor disorders

Pelvic floor disorders = combination of problems
= combination of therapies

Novel approaches

- Secca procedure
 - Radiofrequency ablation -> thermal energy ->
 - Contraction of collagen fibers -> permanently shortened -> tightening of the muscle
 - Failed conservative measures without demonstrable sphincter defect.
- Injectables: biocompatible bulking agents
 - Minor faecal incontinence due to IAS dysfunction
 - Increases anal resting pressure



Remarks

- Conservative measures can avoid surgery
- > 15y mainstay of care -> loss of interest in specific pelvic floor diagnosis
- Delay in surgery subset of patients