

## **Obstructed Defecation**

Have you not had a proper bowel movement for many days? Have laxatives failed to help? If this is the case, you could have an obstructed bowel.

Obstructed defecation is one of the main signs of an infection or a foreign body in the gastrointestinal tract. You will be unable to use the bathroom for a prolonged period, causing intense discomfort and pain.

With the right medical assistance, you can remove the obstruction and restore proper bowel movement. At Huntington Colorectal Surgeons, Dr. Howard Kaufman, Dr. Gabriel Akopian and Dr. Julianne Golan have been working with hundreds of patients who suffer from defecation disorders. We can identify the reason for your condition and provide the right treatment that can give you relief.

Visit our Pasadena, California, medical facility for diagnosis.

### **Why do you find it hard to defecate?**

Obstructed defecation can occur due to a multitude of reasons. However, it is usually linked to some form of bowel disorder, such as:

- A twisted intestine
- Intestinal adhesions
- Inflammation in the gastrointestinal tract (Crohn's disease or Ulcerative colitis)
- Diverticulitis and other bowel infections
- Colon cancer
- Paralytic ileus – complete or partial paralysis of the intestinal muscles

At Huntington Colorectal Surgeons, our Pasadena colorectal doctors will be able to diagnose the exact cause of the obstructed defecation and will be able to design customized treatments that suit your medical requirements.

### **Complications associated with obstructed defecation**

An obstruction in the bowel happens when either your small or large intestine is partly or completely blocked. The symptoms are:

- Unable to pass gas.
- Being unable to have a regular bowel movement.
- Vomit (obstruction in the bowel can cause feelings of nausea).
- Not being able to eat a full meal (loss of appetite is another symptom of bowel obstruction).

You may even have a distended belly, as the gas and the excrement clog-up your bowel. This type of obstructed defecation can cause discomfort in the form of:

- Abdominal pain
- Pain and burning in the anal region (with fissures forming if you exert stress while trying to stimulate bowel movement)
- Hemorrhoids
- Fecal impaction

- Hernia (if there's an inflammation in the bowel and the clogged excrement can exert excessive pressure on your colorectal tissues)

Timely medical intervention can prevent all of these complications and help pass stools comfortably.

### **Diagnosis for obstruction**

Dr. Howard Kaufman and his team first diagnose your condition through:

- A physical examination for lumps in your belly.
- A barium enema and an X-ray to see the obstruction.
- CT scans
- A colonoscopy

Then, our specialists will identify the location of the obstruction and determine the course of treatment.

### **Restoring your bowel movement with customized treatments**

Depending on where the obstruction is and the consistency of your stools, our doctors may start by prescribing specially-formulated laxatives. If these don't stimulate bowel movement, a nasogastric (NG) tube is inserted into your stomach to help pass gas and liquids obstructed in your bowel. This will make sufficient space in your bowel to place a stent and open it up to allow the obstructed stool to pass through.

If the obstruction is too severe, then you may require surgery. Depending on where the obstruction is, one of two surgeries may be performed:

- **Colostomy**

One end of the colon (large intestine) is removed from its place and re-positioned. It is attached to the abdominal wall, where a small opening is made and a bag is attached to collect feces. This bag can be easily disposed-off and changed.

- **Ileostomy**

Here, one end of the ileum (the small intestine section which connects to the large intestine) is removed and connected to the abdominal wall. A stoma (small opening) is made and a bag is attached to collect the stools and undigested material.

At Huntington Colorectal Surgeons, we are a premier surgical center specializing in robotic surgery. We use cutting-edge technology to assist us with minimally-invasive obstruction removal surgery.

The technology we use allows us to quickly remove the obstruction that is causing defecation problems and help you pass stools easily and without pain.

For more information about the treatments we offer, please contact our Pasadena colorectal surgical facility.

