



Toileting Habits:

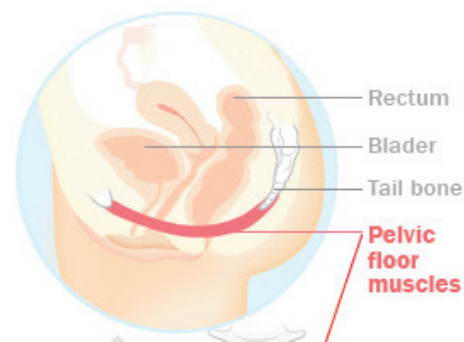
Only use the toilet when you really must go. When on the toilet, position yourself by leaning forward about 30 degrees, resting your elbows on your thighs, and lifting your knees above the level of your hips using a footstool. Do not sit on the toilet or strain for a long time.



Perianal Skin Care:

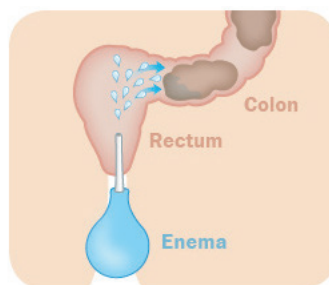
To clean the skin, use warm water once or twice a day or after each bowel movement. You can also use a hand shower, bidet, or sitz bath basin. It is recommended to avoid premoisten toilet wipes, but if you choose to use them pick non-alcoholic, fragrance free, flushable wipes.

You can also use skin cream such as Zincofax without fragrance, ihle's paste, Sudacream, Calmoseptine, and Coloplast Citrix Acid Barrier.



Pelvic Floor Exercises:

Squeeze and lift the anus into your pelvis as if you were holding gas or stool. Try not to squeeze your buttock muscles and your stomach muscles. Squeeze for 8 seconds, or as long as you can and then relax for 10 seconds and complete 10 times. Repeat this for 3 times per day.



Trans-anal irrigation (TAI) 3-4 times a week:

TAI may be something that your doctor recommends. It is when body temperature water is passed through a tube into the rectum, pumped throughout the colon, and then expelled over the toilet. This can be performed by you at home after being taught how to do it by a nurse or other healthcare provider.



A SYMPTOM MANAGEMENT GUIDE For Low Anterior Resection Syndrome

If you are experiencing any of the following symptoms, the strategies listed under the symptom(s) you are experiencing may help you. Details on each strategy can be found later in the booklet under the matching header.

Incontinence of flatus: The accidental passage of gas.

- Helpful Medications (ex. Gas-X)
- Diet
- Social Strategies
- Pelvic Floor Exercises

Incontinence of liquid stool: The accidental leakage of liquid stool.

- Eating Lots of Soluble Fiber
- Diet
- Social Strategies
- Perianal Skin Care
- Pelvic Floor Exercises
- Transanal irrigation

Fecal frequency: Having bowel movements frequently.

- Eating Lots of Soluble Fiber
- Diet
- Helpful Medications (ex. Imodium or other medications)
- Perianal Skin Care
- Eating Lots of Soluble Fiber

Clustering: Having one or more bowel movements within 1 hour of last bowel movement.

- Diet
- Toileting Habits
- Perianal Skin Care
- Transanal irrigation

Fecal Urgency: When the urge comes, the bowel movement comes quickly after giving you little time to get to the bathroom.

- Diet
- Helpful Medications (ex. Imodium or other medications)
- Eating Lots of Soluble Fiber
- Pelvic Floor Exercises



Diet:

Drink 8 cups of water per day, eat smaller meals more often (6 small meals), and use a diet diary to identify triggers of symptoms. Examples of trigger foods are: grapes, peaches, plums, berries, dried fruits, broccoli, cauliflower, cabbage, onions, beans, nuts, seed, bran cereal, whole grain bread, corn, spicy foods, sorbitol, caffeine, and alcohol.



Helpful Medications:

Imodium (loperamide) is best to slow down movement of stool in the bowel. Take 30 minutes before a meal. Do not take another one until you have a bowel movement and do not take more than 16 mg per day.

Gas-X (simethicone) may help relieve symptoms of gas.

Other medications that can be helpful include Lomotil (diphenoxylate), Elavil (amitriptyline), and Questran or Cholamine (cholestyramine).



Eating Lots of Soluble Fiber:

Examples of foods high in soluble fibers are oats, barley, rye, legumes, and peeled fruits. Avoid insoluble fiber sources such as wholegrain breads, bran, corn, some nuts, and seeds.

Some brands of Psyllium supplements are Metamucil, Benefiber, and Konsyl. You should sprinkle it on food instead of mixing it with water. Do not take more than 10 g per day. Since you want to "sponge-up" the extra water, you do not want to take it with a lot of water.



Social Strategies:

Arranging your activities around your typical bowel habits. Wearing protective clothing, pads, or briefs. Carrying extra underwear, creams, and medications. Knowing the proximity of the nearest toilet.