

Constipation

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Objectives

- Definition of chronic constipation
- Causes of constipation generally
- How other DESSH issues might relate to constipation
- Anatomical causes of constipation like lengthened intestines
- Typical remedies for constipation
- Treatments for constipation

Causes of Constipation

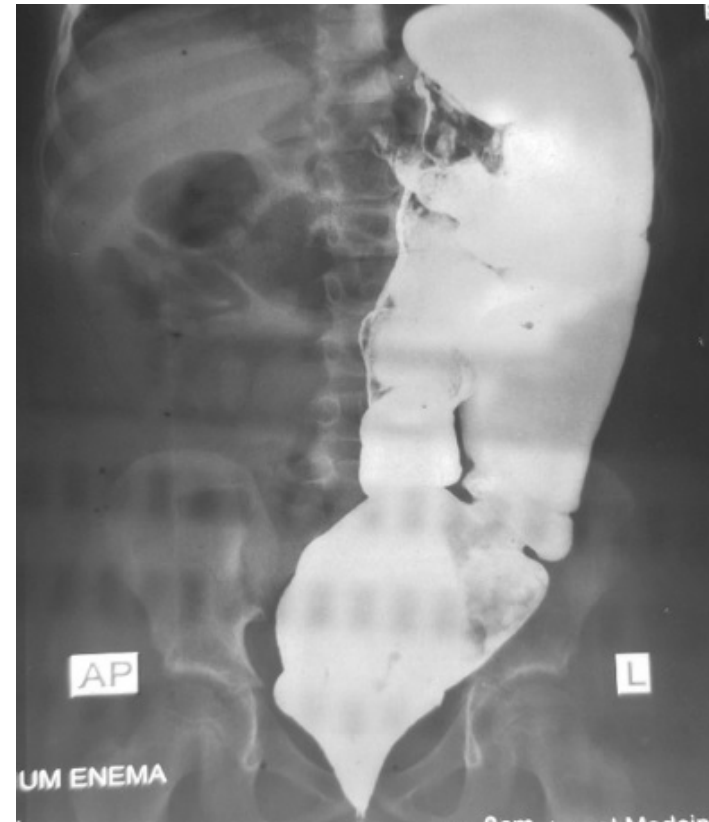
- Idiopathic
- Not enough fluid intake
- Not enough fiber intake
- Toilet training
- Psychological issues
- Medication side effects
- Anatomical
 - Stricture
 - Anteriorly displaced anus
 - Anorectal malformations
 - Hirschsprung's disease
- Hypotonia
- Metabolic
- Neurologic

Constipation in DESSH

- Hypotonia
- Diet
- Behavior (aggression, anxiety, autistic features, ADHD)
- Medications for behavior

Anatomical problems in constipation

- Redundant colon
- Volvulus



https://www.researchgate.net/figure/PA-barium-enema-study-showing-dilated-and-redundant-sigmoid-colon-without-radiologic_fig2_349760034

Typical remedies for constipation

- High fiber diet
- Plenty of water
- Exercise
- Enemas, suppositories
- Stimulant
- Softner



Alternative Treatments

- Pelvic Floor PT
- Anal botox
- MACE



Picture 1 Getting an enema flush through the Malone.

<https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/appendicostomy>

Thank you!