

## Long-term follow-up of retrograde colonic irrigation for defaecation disturbances

M. P. Gosselink\*, M. Darby\*, D. D. E. Zimmerman\*, A. A. A. Smits\*, I. van Kessel\*, W. C. Hop†, J. W. Briel\* and W. R. Schouten\* \*Colorectal Research Group of the Department of Surgery, and †Department of Epidemiology and Biostatistics, Erasmus Medical Centre, Rotterdam, the Netherlands  
Correspondence to Dr W. Rudolph Schouten, Department of Surgery, H1043 Erasmus Medical Centre, Rotterdam (Dijkzigt), Dr Molewaterplein 40, 3015 GD Rotterdam, the Netherlands.

E-mail: [w.r.schouten@erasmusmc.nl](mailto:w.r.schouten@erasmusmc.nl)

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### KEYWORDS

Retrograde colonic irrigation • faecal incontinence • soiling • obstructed defaecation • low anterior resection • pouch surgery

**Objective Irrigation** of the distal part of the large bowel is a nonsurgical alternative for patients with defecation disturbances. In our institution, all patients with defecation disturbances, not responding to medical treatment and biofeedback therapy, were offered retrograde colonic irrigation (RCI). This study is aimed at evaluating the long-term feasibility and outcome of RCI.

**Methods** Between 1989 and 2001, a consecutive series of 267 patients was offered RCI. All patients received instructions about RCI by one of our enterostomal therapists. Twenty-eight patients were lost to follow-up. A detailed questionnaire was sent by mail to 239 patients. The total response rate was 79% (190 patients). Based on the returned questionnaires it became clear that 21 (11%) patients never started RCI. The long-term feasibility and outcome of RCI was therefore assessed in the remaining group of 169 patients. Thirty-two patients were admitted with soiling, 71 patients with faecal incontinence, 37 patients with obstructed defaecation and 29 had defaecation disturbances after low anterior resection or pouch surgery.

**Results According** to the returned questionnaires, RCI was considered effective by 91 (54%) patients. Among patients with soiling and faecal incontinence, RCI was found to be effective in, respectively, 47 and 41% of the subjects. Despite of the reported effectiveness, 10 (67%) patients with soiling and 5 (17%) patients with faecal incontinence decided to stop. Among patients with obstructed defecation and those with defecation disturbances after low anterior resection or pouch surgery the effectiveness of RCI was found to be 65 and 79%, respectively. None of these patients ceased their therapy. The overall success-rate of long-term RCI was therefore 45%.

**Conclusions** Long-term RCI is beneficial for 45% of patients with defecation disturbances. In the group of patients who considered RCI effective and beneficial, discontinuation of therapy was only observed among those with soiling and faecal incontinence.