

Lack of control when you poo?

Poo: *faeces, stool, bowel movement*

Incontinence: *when you have problems with controlling your poo*

Fecal incontinence is the unwanted loss of poo, this means you have poor control over your bowel. Other symptoms include: if you lose poo unexpectedly, you have to go to the toilet often, or you may not have much warning before you need to go to the toilet. Some people have to deal with one or more of these symptoms.

Are you suffering from:

- The urgent need to go to the toilet
- Loose faeces/stool without being aware
- Stained or soiled underwear
- Not being able to reach the toilet in time
- Diarrhoea

In this overview you can see different options to treat these symptoms. In addition, you can check with your doctor to see which treatment works best for you. Furthermore, this overview provides general guidance and should not be used as an alternative to the advice of your doctor.

Did you know?

Hospital doctors that look after your bowel are named "Corolectal Surgeons, Coloproctologist or Gastroenterologist".

This flowchart is an overview based on international recommendations, individual centers may have treatment pathways that differ.

All possible treatments per step are listed in random order.

Step 1

Things you can try yourself

- ☐ Healthy lifestyle adjustments such as: weight loss
- ☐ Nutrition
- ☐ Keeping a bowel diary
- ☐ Pelvic floor exercises

Step 2

Step 1 does not work

Maintain a healthy lifestyle and visit your GP to talk about your symptoms. Your GP might want to run some tests or refer you to a specialist. Things you may discuss include:

- ☐ Pelvic physiotherapy: physical rehabilitation /strengthening of the pelvic floor muscles
- ☐ Medication: tablets
- ☐ Incontinence materials/aids such as: pads, pull up pants or anal plugs
- ☐ Irrigation: bowel washout

Step 3

Step 2 does not work

Your GP may refer you to the hospital or a continence clinic for further tests and treatment options. Continue to maintain a healthy lifestyle. Treatment options include:

- ☐ Sacral neuromodulation (SNM): pacemaker for bladder/bowel
- ☐ Posterior tibial nerve stimulation (PTNS): Stimulation of a nerve in the lower leg
- ☐ Sphincter repair

Step 4

If the above doesn't help

- ☐ There are other surgical options available and you may be able to discuss these with your hospital team
- ☐ Repeated assessment by a specialist team

More information? Your health care team or patient organization **www.aca.uk.com** are happy to assist you. Or visit **www.supportincontinence.org**

