

Rectal Prolapse

AMBULATORY CARE:

A rectal prolapse is a condition that causes your rectum to come through the anus. The rectum is the end of your bowel. A prolapse may happen during your bowel movement. A prolapse may happen more often in women after childbirth or who are older than 50 years.

Call 911 for any of the following:

- You have trouble breathing.
- Your heart is beating faster than usual.

Seek care immediately if:

- You have severe pain in your abdomen.
- Your abdomen looks bigger than usual.
- You see larger amounts of blood in your bowel movement than before.
- Blood from your rectum soaks through your underwear.

Contact your healthcare provider if:

- You have a fever.
- You have nausea or are vomiting.
- You see larger amounts of blood in your bowel movement than before.
- You have questions or concerns about your condition or care.

Common symptoms include the following:

- Pain or discomfort during a bowel movement
- A swollen, red mass coming from your anus
- Bleeding or mucus from your rectum or in your stool
- A small amount of blood in your bowel movement

- Feeling like you still need to have a bowel movement after you use the bathroom
- Trouble controlling your bowel movements

Treatment for a rectal prolapse: Rectal prolapse may get better without treatment. Medicine may be prescribed to decrease the risk of a rectal prolapse. You may need to have your rectum placed back inside of your anus. You may need surgery or injections if other treatments do not work.

How to do a manual reduction: Manual reduction is a procedure you can do to place your rectum back inside of the anus. Your healthcare provider will show you how to do a manual reduction. You may need a family member to help you with manual reduction. The following are general steps to follow. Your healthcare provider may give you specific steps to follow.

- Your healthcare provider may tell you to apply sugar to your rectum before manual reduction. This may help decrease the swelling of your rectum, and make it easier to put back inside your anus. Ask your healthcare provider about applying sugar to your rectum.
- Lie on your back with your knees bent.
- Wash your hands and put on gloves. Lubricate your glove with petroleum jelly.
- Hold your rectum on both sides of the anus. Gently apply firm, steady pressure on your rectum and push it into your anus. You may need to apply pressure for several minutes if the bowel is swollen. Inspect your anus. You can use a mirror or have your family member inspect your anus. You should not see the rectum. If a prolapse happens again, you can repeat manual reduction.
- You can hold the rectum in place with gauze and tape across your buttocks. Before you apply gauze, place a quarter size amount of petroleum jelly on the gauze. The petroleum jelly will prevent the gauze from sticking to your rectum. Remove the gauze as directed by your healthcare provider.

Prevent a rectal prolapse:

- **Eat more high-fiber foods.** This may help decrease constipation by adding bulk and softness to your bowel movements. Your healthcare provider can help you create a meal plan that includes high-fiber foods. High fiber foods include fruit, vegetables, whole-grain breads, and cooked beans.
- **Increase the amount of liquid you drink.** Liquids can help keep your bowel movements soft and prevent constipation. Ask your healthcare provider how much liquid you should drink each day.
- **Exercise your pelvic muscles.** Kegel exercises strengthen the pelvic muscles. These exercises involve tightening and relaxing vaginal and rectal muscles. Kegel exercises can make the rectal muscles stronger and improve bowel control. Ask your healthcare provider for more information on how to do kegel exercises.

- **Do not sit for long amounts of time.** You may put too much pressure on your anus. Pressure on your anus may cause a rectal prolapse.

Follow up with your healthcare provider as directed: Write down your questions so you remember to ask them during your visits.

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