

## **Rectal Prolapse**

Do you feel an abnormal bulge at your anus that wasn't there before? This could be a sign of rectal prolapse.

The rectum is the part of the body that holds the stool until it is defecated. It is located high above the anus and separated from the anal opening by the pelvic diaphragm. Rectal prolapse is a condition where the rectum slips from its original place down towards the anus. When the rectum prolapses, it either comes out fully (complete prolapse), comes out part-way (partial prolapse), or moves out-of-place but stays within the anus (internal prolapse). The rectum needs to be returned to its place to ensure that it doesn't get damaged and you don't develop any long-term complications.

The team at Huntington Colorectal Surgeons has helped many patients with rectal prolapse. We understand how inconvenient it can be to live with rectal prolapse. Our treatments are designed to quickly reverse the prolapse, ensuring your rectum is back where it belongs and functions as it should.

Contact us to schedule a consultation.

### **Is a rectal prolapse a medical emergency?**

While a rectal prolapse looks serious, it usually isn't a medical emergency. As the rectum bulges out of the anus, it turns inside-out, making it appear more frightening and serious than it is.

However, this is no excuse to leave your rectal prolapse untreated. If the prolapse remains for an extended period, it can:

- Cause damage to the rectal walls, leading to scarring, ulceration, and bleeding of the rectum.
- Stop blood flow to the rectum and lead to strangulation of the organ.
- Result in the rectum decaying and needing complete removal.

Dr. Howard Kaufman, Dr. Gabriel Akopian and Dr. Juliane Golan are all highly-experienced at reversing rectal prolapse. They are renowned across Pasadena for their expertise and professionalism. They will provide a highly-customized treatment that meets your unique medical requirement and reverses the rectal prolapse in no time.

### **Why does rectal prolapse occur?**

The most common reason for rectal prolapse is a weak pelvic floor. Other reasons for rectal prolapse include:

- Prolonged diarrhea or constipation, which exerts pressure on the rectum.
- A tendency to strain the rectal muscles when you defecate.
- Old age.
- Tissue injury to the colorectal area.
- Nerve damage that prevents contraction of the pelvic muscles.
- The strain on the rectum due to pregnancy and childbirth.
- Medical conditions like:

- Chronic obstructive pulmonary disease
- Diabetes
- Cystic fibrosis
- Parasitic infections

### **Signs of a rectal prolapse**

- The rectum is visible through the anal opening.
- Feeling of having an obstruction in the anus.
- Pain when defecating.
- Bleeding of the lining of the rectum.
- Fecal incontinence
- Discomfort when walking, biking, sitting, etc.

Rectal prolapse often resembles hemorrhoids during the initial stages of the condition, but hemorrhoids don't have severe symptoms as the prolapse. This is why you need to keep track of these signs and visit our Pasadena colorectal surgeons immediately for treatment.

### **Diagnosing rectal prolapse**

Our medical professionals diagnose rectal prolapse manually. They will ask you to remove your underpants and squat. Then they will use their gloved finger to identify the presence of the prolapse.

If the prolapse is within the anus, a colonoscopy may be used to diagnose the condition.

### **Minimally-invasive surgical intervention for rectal prolapse**

Surgery is the only effective way to reverse a rectal prolapse. Our colorectal experts at Huntington Colorectal Surgeons are some of the San Gabriel Valley's most-experienced providers of laparoscopic and robotic surgery.

We will access the prolapse through a tiny incision on the abdomen. Using specialized tools, we pull the rectum back into place and close the incision with medical-grade sutures. When necessary, we adopt an alternative surgical route and resect part of the rectum that bulges out of the anus. Then we re-attach it to the large intestine in a separate surgery.

To decide which treatment is more suitable for you, we first conduct a comprehensive medical evaluation and then decide the right course of treatment.

### **Does a rectal prolapse return after treatment?**

Rectal prolapse recurs only in about 2% to 5% of patients. For the majority, once they get the prolapse reversed, they can continue to live life as usual. For more information, please speak to our Pasadena colorectal surgeons.

**Sources:**

<https://fascrs.org/patients/diseases-and-conditions/a-z/rectal-prolapse-expanded-version>

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<https://www.healthline.com/health/rectal-prolapse#treatment>

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