

What Is Rectal Prolapse?

A rectal prolapse is when the rectum (the lower end of the colon, located just above the anus) becomes stretched out and protrudes (sticks out) out of the anus. Usually the anal sphincter muscle is weak causing stool or mucus to leak out.

This condition can happen to both women and men but is much more common in women.

How do I know if I have Rectal Prolapse?

- Bleeding.
 - Tissue that protrudes from the rectum.
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What causes Rectal Prolapse?

Several reasons may cause rectal prolapse.

- Chronic (lasting for a long period of time) straining to have bowel movements.
 - Complication of childbirth.
 - Age.
 - Generalized pelvic floor dysfunction.
 - Neurological problems (such as spinal cord transection or spinal cord disease).
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How can I fix it?

- High fiber diet (used to stop/treat constipation and straining).
- Surgery (the type of surgery depends on your age, physical condition, size of the rectal prolapse, and the results of different tests). There are different types of options for surgery that can be done. These can include laparoscopic surgery (minimally invasive surgery) and transanal surgeries.

How can I learn more?

You can also find information through the American Society of Colon & Rectal Surgeons (ASCRS) at <http://www.fascrs.org/patients/conditions/>

Do you have any questions or comments for your doctor?

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Division of Colon & Rectal Surgery