

## RECTAL PROLAPSE - ABDOMINAL REPAIR

### Dr Matley & Partners: Patient Information

#### BRIEF DESCRIPTION

You and your surgeon have decided that your rectal prolapse is severe enough or troublesome enough to need an operation. This operation aims to repair the prolapsed by hitching up the rectum and stitching it to the inside of the pelvis so that it cannot prolapse out through the anus any more. Usually a nylon sheet is placed on the rectum to help secure it. Sometimes the section of bowel above the rectum may have become very slack and elongated and may require to be removed. This procedure is often done laparoscopically (key-hole surgery).

#### WHY IS THIS OPERATION NECESSARY?

The lowest part of the bowel, the rectum, in your case has become rather slack. When you strain, the lining of the rectum and finally the walls of the rectum pout out through the back passage (anus). As well as the pouting bowel, many people have soiling and cannot control the wind. A rectal prolapse occurs when the normal supports of the rectum become weakened, allowing the muscle of the rectum to drop down through the anus to the outside. Sometimes this only happens when you open your bowels, and goes back on its own. In more severe cases, the rectum may need to be pushed back after opening the bowels, or may even stay outside all the time. While not a dangerous or life-threatening condition, this can be very uncomfortable, a considerable nuisance, and may cause loss of bowel control. There may also be a mucus or blood-stained discharge.

#### ARE THERE ALTERNATIVE TREATMENTS AVAILABLE?

A Delorme's procedure aims to repair the prolapse. This operation involves the surgeon removing some of the prolapsed lining of the rectum (mucosa) and reinforcing the muscle of the rectum by plicating stitches. This is done via the anus. No external incision is needed. It is recommended in some patients, depending on their age, sex and the severity of the condition. The procedure can often be done via a laparoscopic procedure, if you and your surgeon are comfortable with this approach. Your surgeon will discuss with you the advantages and disadvantages of the surgical options.

#### IS IT SAFE TO HAVE THIS OPERATION?

Before you agree to the operation, you should consider the risks that may be involved. Your surgery will be performed by a team of qualified professionals who aim to ensure a safe procedure and a successful result. However there are risks involved with all surgery even if these risks may be small.

#### WHAT ARE THE GENERAL RISKS INVOLVED?

There are risks for developing complications which are general and which may occur with any surgical procedure. These complications include the risk of infection, bleeding, pain, wound breakdown, deep vein thrombosis, or complications affecting the heart, lungs or kidneys. All operations involving an anaesthetic have a theoretical risk of death.

#### WHAT ARE THE SPECIFIC RISKS INVOLVED?

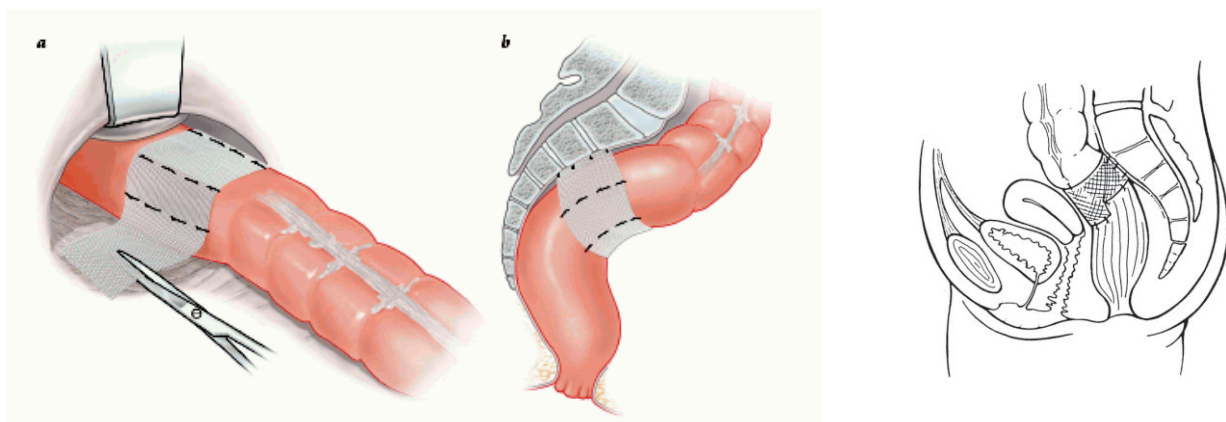
Bowel injury is possible, during the dissection, but is extremely rare, less than 1-2%. If you are having a segment cut out and rejoined, a leak is possible and this is a major complication. This can take up to a week to declare itself, and you will be closely monitored for these early days. This occurs in less than 5-10% of patients. It can be life-threatening, and you may require emergency re-look surgery to wash out infection. It may be necessary to give you a temporary colostomy. Other risks include bowel blockage, a wound infection and bleeding. A late complication can be an incisional hernia, especially if there was infection in the wound. Recurrence is reported, but in our own experience this is rare. If you were incontinent for faeces beforehand, you may notice an improvement. If constipated, a laxative may be necessary.

#### WHAT ARE THE ANAESTHETIC RISKS INVOLVED?

You can discuss the type of anaesthetic you will have with your anaesthetist and also the possible complications that may occur. A general anaesthetic is always required, and an epidural may be offered.

#### WHAT SHOULD I DO BEFORE THE OPERATION?

You should not eat anything for at least six hours before your operation. You can usually drink clear liquids until 3 hours before the operation, but discuss this with your surgeon or the nurses, if unsure. However, you should take all your regular medication as usual.



These notes give an overall guide to your procedure. You may see some differences in the details of your treatment, since it is tailored to suit your own condition.

on the day. Your surgeon may want you to stop certain medication such as disprin, warfarin, or other blood thinning medicines before the operation. You can drink as much as you like until a few hours before the operation. You may be given high energy drinks in the days preceding your operation. In some cases your surgeon may give you some preparation to empty your bowels. If you are asked to take this laxative, you will usually experience some abdominal cramps and have your bowels open several times very urgently – so make sure you know where the toilets are. You will be given an instruction sheet for this. In other cases your surgeon may decide that your bowel does not need preparing in this way, or you may be administered an enema in order to empty the last part of the bowel. You will usually be given some white stockings to wear during and after the operation.

#### WHAT HAPPENS BEFORE THE OPERATION?

Please report to the hospital reception on time for your admission. Please bring along all the documents that may be required such as your medical aid card, ID and contact details. If you are not a member of a medical aid you will be required to pay a deposit or to sign an indemnity form. As far as possible we will try to advise you about hospital costs before your admission. It may be best to complete some of the documentation beforehand at the hospital pre-admission clinic to save time on the day of your admission.

When you arrive in the ward, you will be welcomed by the nurses or the receptionist and will have your details checked. Some basic tests will be done such as pulse, temperature, blood pressure and urine examination. You will be asked to hand in any medicines or drugs you may be taking, so that your drug treatment in hospital will be correct. Please tell the nurses of any allergies to drugs or dressings. The surgeon will have explained the operation and you will be asked to sign your consent for the operation. If you are not clear about any part of the operation, ask for more details from the surgeon or from the nurses.

You may be issued with compression stockings that will help prevent blood clots in your legs. If you are having a general anaesthetic, the anaesthetist who will be giving your anaesthetic will interview and examine you and he may put up a drip or prescribe some medication to help you relax.

You will be taken on a bed to the operating suite by the staff. You will be wearing a cotton gown. Wedding rings will be fastened with tape and removable dentures will be left on the ward. There will be several checks on your details on the way to the operating theatre where your anaesthetic will begin.

#### HOW LONG DOES THE OPERATION TAKE?

Usually about 60-180 minutes

#### WHAT HAPPENS WHEN I WAKE UP?

After the operation you will be transferred back to the ward/ICU/HCU. Although you will be conscious a minute or two after the operation ends, you are unlikely to remember anything until you are back in your bed. You will have a dressing over the surgical wound on your abdomen. The nurse will replace the dressing as necessary. A drip will be in your arm or neck in order to maintain your hydration and give you some energy. A catheter is placed into your bladder in order to drain urine. You may have a catheter in your back for an infusion of pain medication. This is called an epidural, and your anaesthetist will have explained this to you.

You may find that you have a sore throat or husky voice for a few days after the operation. This is because the tube used to help you breathe during the operation often bruises the delicate lining in your throat and vocal chords. Gargles may help ease any soreness, which should go within a few days.

You can have a bath or shower as soon as you feel able, often within a couple of days of the operation. You are bound to feel a little wobbly at first, so ask for help if you need it, or at least let your nurse know where you are going, and use the nurse call button if you need to.

At first you will be helped to do most things by the nurses. The amount of nursing care you receive generally decreases as you become increasingly independent. The catheter will usually stay in your bladder for a few days until you are able to get to the toilet yourself. Your stitches or clips will be taken out after about 10 days.

It can be difficult to sleep well in hospital due to the change of surroundings, the need for observation and the tubes attached to you. A sleeping pill is usually offered. In the first few days you will feel tired and may want to request that only close family and friends visit, and to keep visits quite short.

#### WILL I HAVE PAIN?

We will aim for you to be as pain free as possible. Some discomfort is to be expected, particularly when getting in and out of the bed or chair. Painkillers will usually be given continuously via the epidural catheter or a pump during the first few days after your operation. Please discuss with your nurse if you feel that your pain is not well controlled.

#### HOW SOON AFTER THE OPERATION CAN I EAT?

Surgeons vary as to when they let you start eating. Once you have passed wind, which can take a few days, you will first be allowed small amounts of fluid, gradually building up to being able to drink as much as you like. Once you are drinking normally you will usually be encouraged to start eating a light diet.

#### HOW SOON AFTER THE OPERATION CAN I GET OUT OF BED?

We will usually get you up into a chair the first day after your operation, for some people the same day of the operation.

#### HOW LONG WILL I STAY IN THE HOSPITAL?

5-10 days, provided there are no complications

#### WHAT HAPPENS WHEN I AM DISCHARGED FROM THE WARD?

Your surgeon will determine when you are ready to go home. You will be given some medication for pain and you may also need to take antibiotics for a few days after you go home. You will be given instructions on the dressings and how to care for the wound. You will also get an appointment for your follow-up in the surgeon's rooms. You should ask for a sick certificate if you need this for your employer.

#### WHAT SHOULD I BE AWARE OF WHEN I GET HOME?

Initially your bowel actions are very likely to be a bit unpredictable. It can take several months for this to settle and for you to develop a predictable pattern. Your bowel function is unlikely to be exactly the same as it was before your operation, so your expectation of what is "normal" for you may need to be adjusted. If a large portion of the colon has been removed then your stool may always be looser, as less water will be absorbed from it. It takes time for the bowel that remains to compensate for that which has been removed, and it may never completely do so. If diarrhoea becomes a persistent problem, discuss this with your doctor. There are medicines which can thicken the stool and some people do need to take medicine on a permanent basis. You should try to avoid excessive walking or sitting still until your wound has healed. It would also be unwise to go swimming until the area has completely healed. You can resume sexual activity as soon as this feels comfortable. Keep an eye on your wound for any late inflammation or infection, and report it promptly.

#### HOW SOON CAN I START EXERCISE?

The time taken to get back to normal activities varies a lot for different people. Do as much as you feel comfortable doing. If you need to take painkillers these may make you drowsy, so you should avoid driving or operating machinery. If lifting causes you discomfort you should avoid it.

#### HOW SOON CAN I DRIVE A CAR?

Discuss this with the surgeon at your post-op visit. You should not drive until you feel confident that you could manage an emergency stop.

#### HOW LONG WILL I BE OFF WORK?

Most people need about four weeks off work, but this will depend a little on what you do and it is important for you to pay attention to your body, balancing doing as much as you feel able to with exercising enough to regain your strength and confidence. If the procedure was done laparoscopically, you may be able to return to work a little sooner.

#### WHAT ABOUT PAYMENT?

The procedure and its associated costs will have been discussed with you, and a quote provided. Where procedures need to be unexpectedly altered during the course of the procedure, the fee may change. Similarly, emergency procedures may incur an additional cost. Surgeons are highly trained, highly skilled professionals and throughout your care a member of the practice is available to attend to you 24 hours a day. In return we expect prompt payment of your account. We do not submit accounts to medical aids.