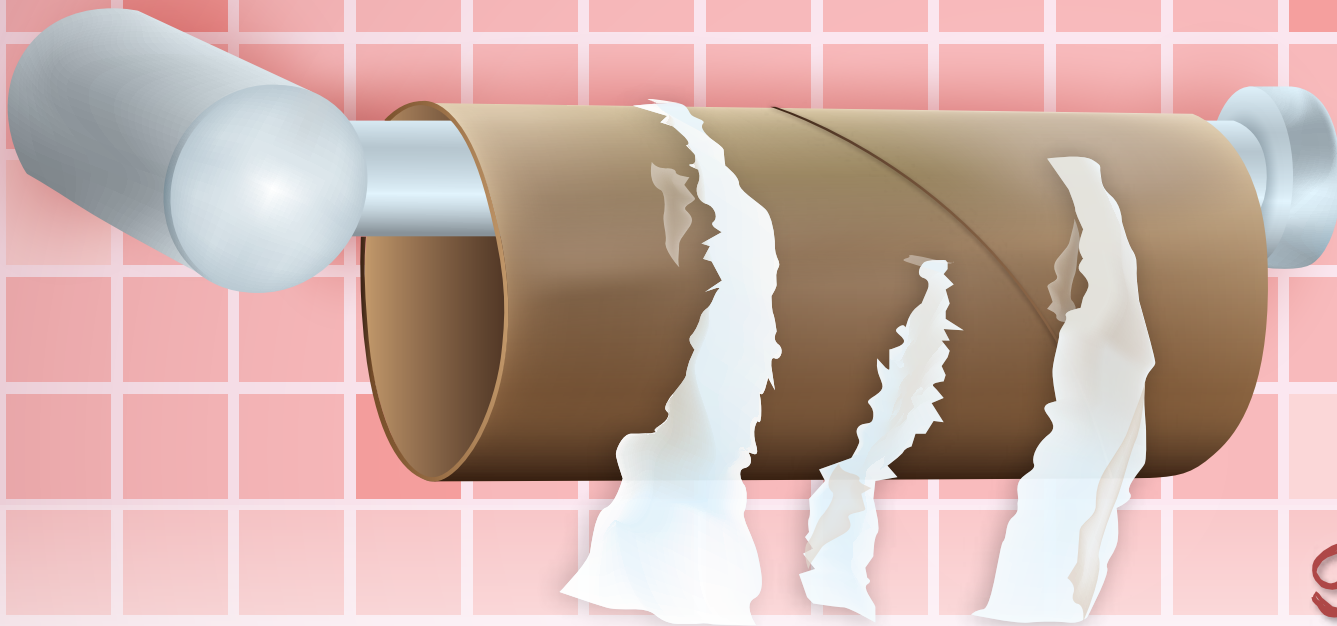


# BOWEL INCONTINENCE



By the time I  
get to the toilet  
it's too late

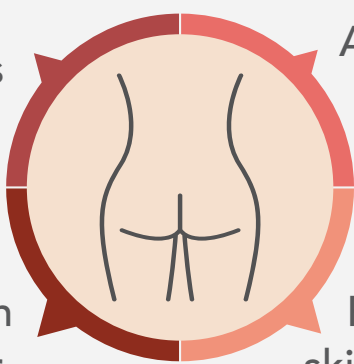
## COMMON SYMPTOMS

Breakdown of  
skin and ulcers

Anal itching

Bowel stains on  
the underwear

Perianal  
skin irritation



No, it's not about snatching the last square of toilet paper. It is about the **involuntary soiling** when one is unable to control bowel movements.

Most people with bowel incontinence can be helped or cured. **Treatment can lessen symptoms in most cases.**

## CAUSES

The most common cause of bowel incontinence is damage to the muscles or nerves around the anus.

- Nerve or muscle damage
- Chronic constipation
- Faecal impaction
- Colectomy or bowel surgery
- Diarrhoea
- Prolapsed haemorrhoids or rectum

## DIAGNOSIS

A number of tests are available to help identify the cause of bowel incontinence:

- Digital rectal exam
- Anal manometry
- Anorectal ultrasonography
- Proctography
- Proctosigmoidoscopy or colonoscopy
- Magnetic resonance imaging (MRI)

**Speak to your doctor today to get support for bowel incontinence.**



<https://www.ttsh.com.sg/patient-guide/find-care/>  
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