



# **Constipation and lower urinary tract symptoms: A clinical audit of the incidence of constipation in patients presenting with LUTS to a continence service**

Authors: Shou C. Goh, Margaret R Bird, Dee Greenwood

# Background

- Constipation has been recognised as an associated co-morbidity and reversible precipitant of LUTS

## Objective

- Report incidence of undiagnosed constipation in patients presenting with primarily with LUTS
- Audit current management offered by the Continence Service
- Audit patient compliance of treatments and interventions
- Note further clinical observations for further research or discussion

## Method - Patient Group

- Consecutive patients presenting to Continence Service
- 10 weeks
- Presentation – LUTS and Urinary Incontinence and did not identify constipation as a problem
- Patients who identified constipation as a problem or who had faecal incontinence were excluded

## Method

- Patients presenting with LUTS and urinary incontinence who did not identify constipation as a problem were included
- 41 patients were included, each undertook a continence assessment
- ICIQ short form completed
- All patients were followed up 1 – 3 months following initial assessment

## Results – Pt Characteristics

	Number	Percentage
Age (years)	39 – 94 (Mean 65)	
Female sex	31	76%

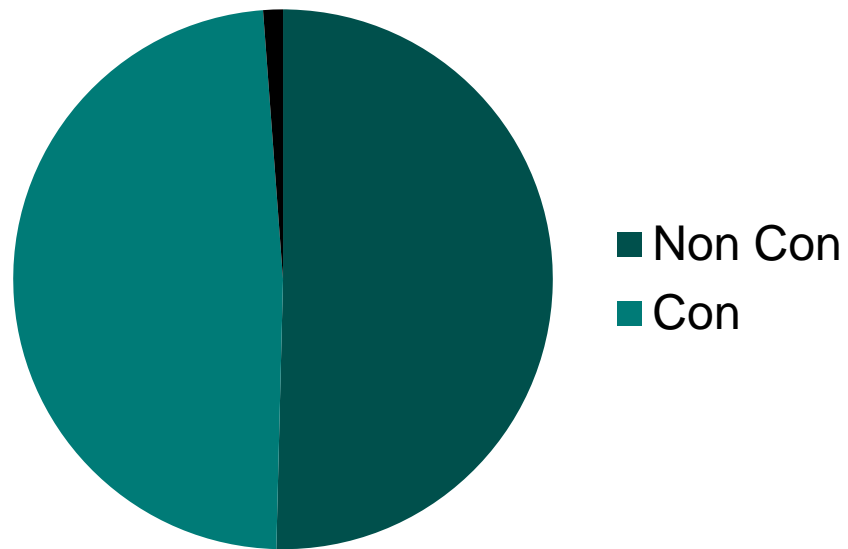
## Results – Co-morbidities

Co-morbidity	Number	Percentage
<b>Neurological (total)</b>	15	37
- Dementia	5	12
- Stroke	3	7
- Tumour / Haemorrhage	3	7
- Parkinson's Disease	2	5
- Multiple Sclerosis	2	5
- Epilepsy	2	5
- Cerebral Palsy	1	2
<b>Cardiovascular</b>	9	22
<b>Diabetes</b>	9	22

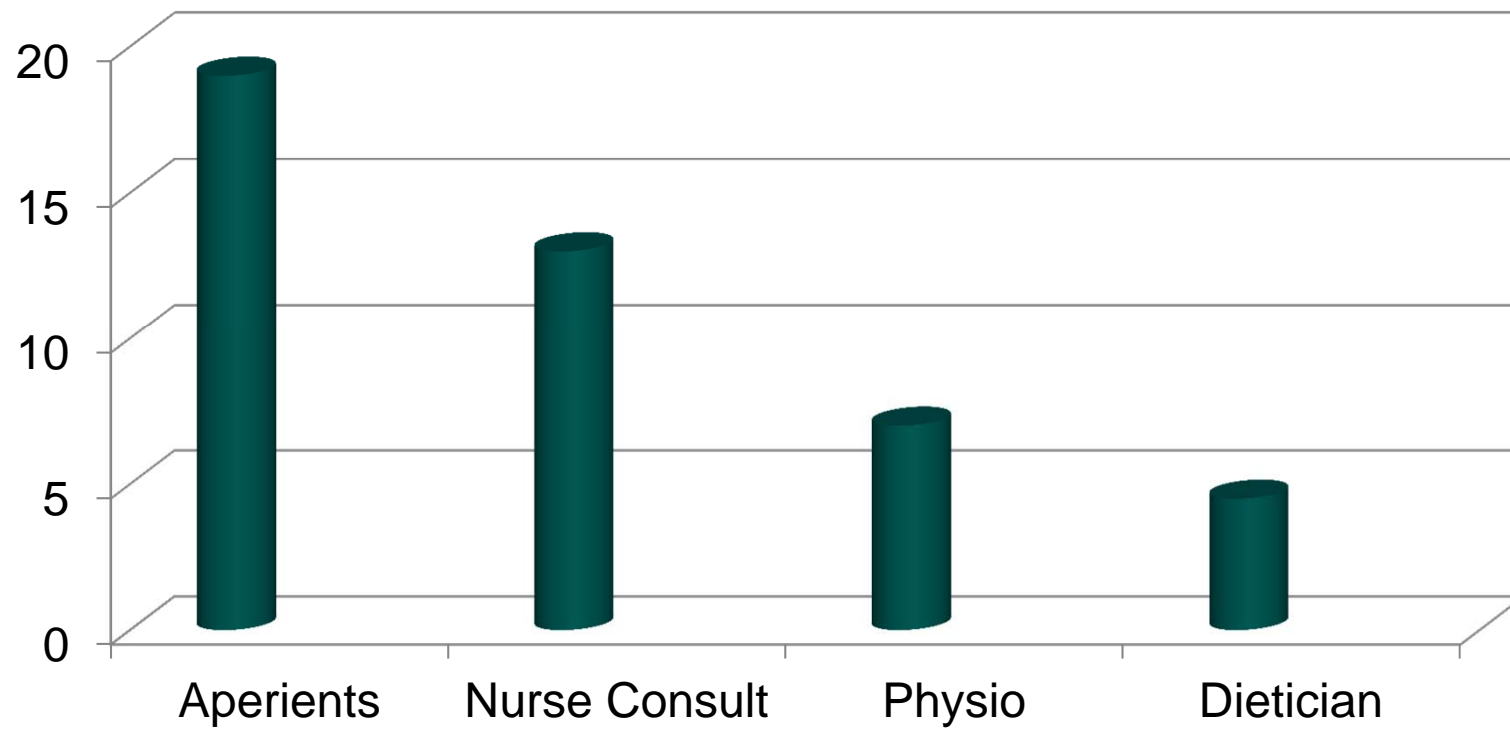
# Results

- 20 (49%) were identified as constipated

**Constip / Non**



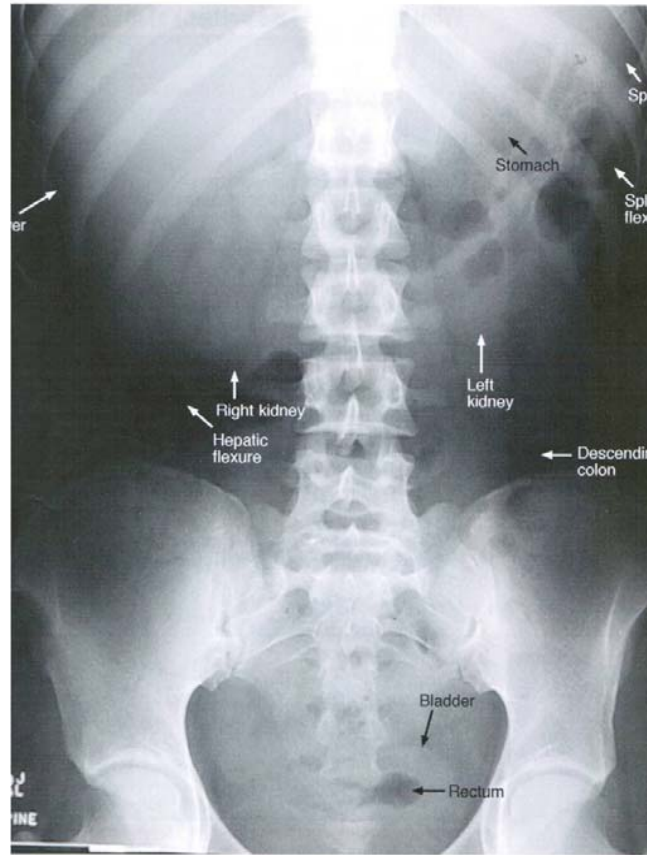
# Treatments



## Improvements in:

- Pt who had improvement in constipation and LUTS had average drop of 9 in ICIQ-UI
- Urinary Symptoms
  - 14 (70%)
- Constipation
  - 17 (85%)

# Abdominal X-ray



Normal abdomen.

# Abdominal X-ray



# Abdominal X-ray



# Abdominal X-ray



# Conclusions

- Treatment of constipation with aperients and a multi disciplinary approach appears effective in improving constipation and LUTS
- Further research is required to look at the significance of co-morbidities