Faecal incontinence Pathway

Faecal incontinence
Involuntary loss of stool or gas via the anus

Red Flag symptoms
- Persistent unexplained change in bowel habits for 3 months
- Rectal bleeding
- Unexplained weight loss
- New symptoms of wind and mucus
- Anaemia
- Family history of bowel cancer

- Referral to urgent suspected cancer pathway
- To be seen within 2 weeks

One-stop Clinic
- Colonoscopy
- Further investigations

Primary Measures
- Identify contributory factors
- Exclude treatable causes (e.g. faecal impaction)
- Patient education
- Lifestyle advice
- Regulate bowel habit
- Modify diet and fluid intake
- Anti-diarrhoeal medications

Faecal incontinence during pregnancy and up to 16 weeks post partum

Refer to Perineal Clinic
- Urogynaecologist
- Endoanal ultrasound
- Anal manometry

Referral to colorectal nurse

Specialist Bowel Dysfunction Triage Clinic
- Anal manometry
- Biofeedback
- Pelvic Floor exercises
- Dietary and lifestyle changes
- Manipulation of medication
- Use of medication

Colorectal MDT
Joint pelvic floor clinic

Additional problems:
- Memory problems
- Confusion
- Dementia
- Learning disability
- Resident in care home
- Poor mobility

Referral to community continence nurse specialist

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