

Appendix N: Risk Factors for Fecal Incontinence

<p>Chronic medical disorders and/or bowel-related disorders</p>	<ul style="list-style-type: none"> ■ congenital anorectal anomalies ■ constipation with fecal impaction ■ diabetes mellitus ■ hemorrhoids ■ inflammatory bowel disease ■ irritable bowel disease ■ rectal prolapse
<p>Environmental factors</p>	<ul style="list-style-type: none"> ■ inaccessible toilets ■ lack of timely toileting assistance ■ use of restraints
<p>Functional impairments</p>	<ul style="list-style-type: none"> ■ impaired cognition ■ impaired mobility
<p>Neurological conditions</p>	<ul style="list-style-type: none"> ■ cauda equina syndrome ■ dementia ■ multiple sclerosis ■ muscular dystrophy ■ myasthenia gravis ■ Parkinson’s disease ■ spina bifida ■ spinal cord injury ■ stroke ■ traumatic brain injury
<p>Obstetric history</p>	<ul style="list-style-type: none"> ■ birth weight > 4 kg ■ occipital-posterior position at delivery ■ primiparous delivery ■ prolonged second stage of labour ■ use of forceps

<p>Previous surgeries</p>	<ul style="list-style-type: none"> ■ anal fissure surgery ■ cholecystectomy ■ fistula repair ■ hemorrhoid surgery ■ low anorectal resection for colorectal cancer ■ partial or total colectomy ■ prior pelvic/perianal radiation ■ prostatectomy 	
<p>Medications</p>	<p>Type of Medication</p>	<p>Effects on Continence</p>
	<ul style="list-style-type: none"> ■ Laxatives 	<ul style="list-style-type: none"> ■ Overuse or abuse of laxatives could cause chronic diarrhea, leading to fecal incontinence, particularly in the elderly.
	<ul style="list-style-type: none"> ■ Anti-anginal and anti-hypertensive medications (e.g., calcium channel blockers and alpha-1 adrenergic receptor antagonists) 	<ul style="list-style-type: none"> ■ May reduce internal anal sphincter tone.
<ul style="list-style-type: none"> ■ Magnesium-containing antacids 	<ul style="list-style-type: none"> ■ May provoke diarrhea. 	

Source: Adapted by RNAO expert panel from: Abrams P, Cardozo L, Wagg A, et al., editors. Incontinence [Internet]. 6th ed. Bristol (UK): ICI Books; 2017. Chapter 16, Assessment and conservative management of faecal incontinence and quality of life in adults; p. 1998-2000. Available from: https://www.ics.org/publications/ici_6/Incontinence_6th_Edition_2017_eBook_v2.pdf