Rectal Evacuation Disorder Associated with a Higher Rate of Small Intestinal Bacterial Overgrowth Diagnosis Compared to Slow Transition Constipation

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BACKGROUND

- Small intestinal bacterial overgrowth (SIBO) is being more and more recognized as a potential comorbidity in patients with constipation
- SIBO may cause additional symptoms in patients with constipation, thus posing as a challenge to the management of symptoms in this patient population

AIM

- We aimed to compare the rate of SIBO diagnosis in patients with rectal evacuation disorder (RED) to that in patients with slow transit constipation (STC)

METHODS

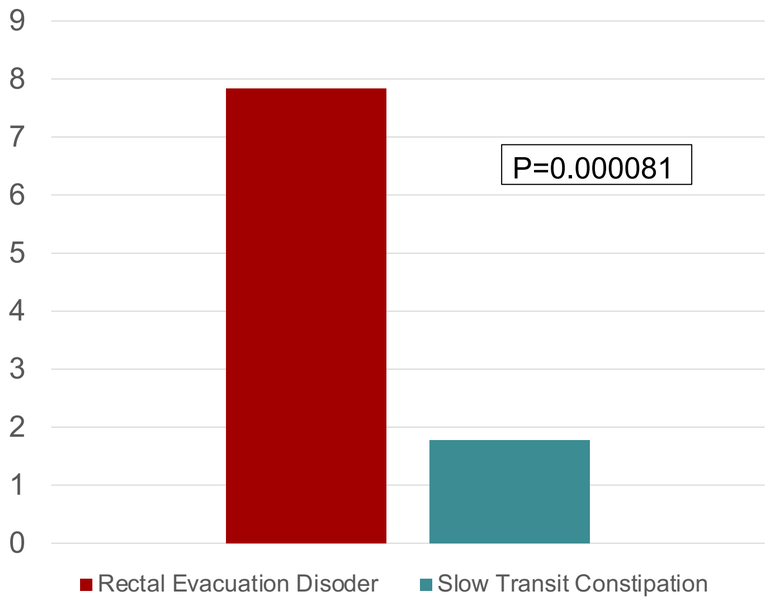
- The electronic medical records of patients aged 18 or more were screened for the diagnoses of RED and STC between year 2015 and present at a tertiary care center in Northern California
- We then screened the results for a diagnosis of SIBO based on a hydrogen breath test and an established SIBO diagnosis within one year
- Chi-squared statistic was used to compare the rate of SIBO in patients with RED to that in patients with STC

RESULTS

	Rectal Evacuation Disorder (n=319)	Slow Transit Constipation (n=954)
Mean Age (SD)	57.7 (15.9)	58.7 (19.9)
Female, n (%)	256 (80)	597 (63)
Male, n (%)	63 (20)	357 (37)

Table 1. Patient demographics.

Graph 1. Rate of SIBO diagnosis (%) in patients with RED compared to that in patients with STC



SUMMARY

- RED is associated with an increased rate of a SIBO diagnosis compared to slow transit constipation

DISCUSSION AND CONCLUSION

- Untreated RED may offer one explanation for the recurrent nature of SIBO in patients with constipation
- RED should thus be suspected and screened for in patients with constipation who are diagnosed with SIBO
- Prospective research is needed to better understand the effect of RED on gut microbiome