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Summary

Clinical scenario 2: The squataloo - when constipation is due to abnormal defecatory behaviour

Calvin Park

Postgraduate Teaching Programme Barcelona 2026 | Presentation

Neurogastroenterology & Motility | Surgery | Primary Care | Small Intestine & Nutrition

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A case presentation of a 47-year-old man with severe defecatory disorder spending 8 to 14 hours per day toileting over 20 years introduces a discussion on when to perform anorectal function testing in constipation and the role of behavioural therapy.

KEY POINTS

- The patient reported difficulty passing bowel movements with a sense of blockage, excess straining, and soft ribbon-like stools 6 to 8 times per day, with stool diary documenting 8 to 10 movements daily.
- The speaker stated the patient spent 8 to 14 hours per day in total toileting time, representing major quality of life impairment and inability to travel.
- The patient had 20 years of symptoms following infective gastroenteritis at age 27, with multiple courses of antibiotics, and saw multiple gastroenterologists and colorectal surgeons without resolution.
- Previous management including adequate fibre and fluid, various laxative programmes, acupuncture, and naturopathic medicine were ineffective.
- The patient created homemade toilets throughout his house to facilitate certain defecation positions and allow him to work and read during prolonged toileting sessions.
- The presentation introduces discussion of when to perform anorectal function testing in constipation and the role of behavioural therapy in such cases.

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