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Summary

ACUTE ISCHEMIC PROCTITIS IN A YOUNG PATIENT WITH CONSTIPATION

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UEG Week Copenhagen 2023 | Poster

Colorectal

October 15, 2023

A 30-year-old female with acute appendicitis and severe constipation developed post-operative ischemic proctitis secondary to stercoral colitis, an extremely rare complication with only 6 prior reported cases.

KEY POINTS

- The patient initially presented with 3-day constipation, acute abdominal pain, and SIRS; CT showed appendicitis with abundant fecal matter throughout the colon and appendectomy was performed
- Two days post-discharge the patient developed sepsis, hematochezia, and anal pain; colonoscopy confirmed ischemic proctitis with large hemorrhagic ulcerations
- Treatment with intravenous broad-spectrum antibiotics, IV fluids, and NPO resulted in rapid improvement with complete resolution of symptoms
- Ischemic colitis of the rectum secondary to stercoral colitis results from increased intraluminal pressure and carries reported mortality rates up to 35%
- This case report contributes to very limited literature and demonstrates successful management using ischemic colitis guidelines adapted to individual patient circumstances

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