INTERMITTENT COLONIC EXOPERISTALSIS (ICE) REDUCES USE OF SUPPOSITORIES AND ORAL LAXATIVES IN WOMEN WITH FUNCTIONAL CONSTIPATION

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A prospective study of 17 women with chronic functional constipation using intermittent colonic exoperistalsis (ICE) device for an average of 6.6 months showed significant improvements in bowel frequency, stool consistency, and defecation time, with 80% reducing or stopping laxative use.

KEY POINTS

- Bowel movements increased from 2.65 to 5.75 per week ($p<0.0001$), time per bowel movement decreased from 110.4 to 52.4 minutes ($p=0.0314$), and Bristol scale improved from 2.65 to 3.75 ($p=0.0099$).
- Of 12 women using suppositories at baseline, 11 (92%) reduced use and 9 (75%) stopped completely; of 15 using oral laxatives, 9 (60%) reduced use and 4 (27%) stopped completely (both $p<0.005$).
- No serious adverse events were reported; three patients described occasional low self-remitting adverse events that did not affect treatment compliance.
- The study was conducted in 4 German hospitals with women receiving 15 to 30 minutes of daily home treatment; 12 of 17 participants had previously diagnosed slow colonic transit.
- This material may be relevant to clinicians managing chronic functional constipation in adult women, particularly those seeking non-pharmacological alternatives to laxatives.

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