

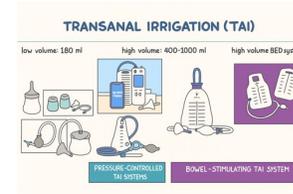
# "TRANSANAL IRRIGATION IN FUNCTIONAL BOWEL DYSFUNCTIONS: A RETROSPECTIVE STUDY FROM A TERTIARY CARE CENTER"

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## AIM OF THE STUDY

Transanal irrigation (TAI) is increasingly used in functional bowel disorders refractory to standard care, such as **obstructed defecation syndrome ODS, endometriosis-related constipation, LARS, and pelvic floor dyssynergia**, though best validated in neurogenic dysfunction. Despite proven benefits, uncertainties persist on protocols and long-term efficacy. This study **investigates TAI modalities, outcomes, and adherence in functional disorders.**

Fig. Different TAI devices



## STUDY DESIGN, MATERIALS & METHODS

A **retrospective study** on a cohort of patients diagnosed with **functional bowel disorders** who underwent **transanal irrigation (TAI)** between 2022 and 2024. Data collected and clinical outcomes:

### DATA COLLECTED:

**Functional clinical diagnosis**  
Type of TAI device used (high-volume or low-volume system; anal cone or balloon catheter)  
**Average volume of water used per session**  
**Frequency of TAI administration (number of irrigations per week)**

### FUNCTIONAL CLINICAL OUTCOMES:

**Wexner Constipation Score**  
**LARS Score**  
**SF-36**  
**weekly bowel diary including Bristol Stool Chart ratings.**

In addition, patient adherence to treatment, level of autonomy in performing the TAI procedure, and the occurrence of any adverse events were reported.

→ 17 patients who underwent transanal irrigation (TAI) for functional bowel dysfunctions

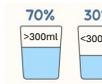
→ IRRIGATION SYSTEMS USED:

• low volume 37.5% (especially LARS)



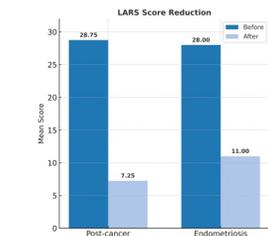
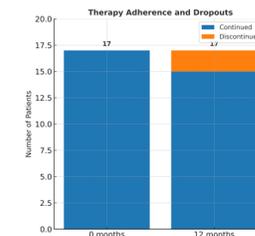
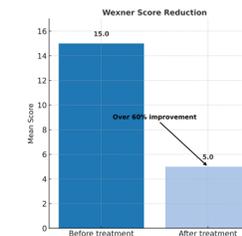
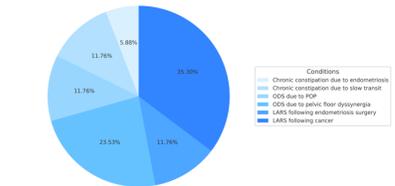
• high volume-cone based 62.5 % (especially CHRONIC CONSTIPATION AND ODS-POP)

→ VOLUME USED FOR EACH IRRIGATION :  
> 300 ml 70 % ; < 300 ml 30 %



## RESULTS

Distribution of functional conditions (TAI)



## INTERPRETATION OF RESULTS

- Overall **significant clinical improvement** observed.
- **Endometriosis-related dysfunction** showed **less improvement**, likely due to microbiota alterations and complex dysfunction
- **Marked relief from constipation in all patients** wexner scores: dropped from 14–16 to 5
- **No side effects reported and good adherence** to treatment.

## CONCLUSIONS

- **efficacy and safety of TAI in functional defecation disorders.**
- **High variability in administration** (volume, device type)
- TAI provided **significant symptom relief and quality-of-life improvement**, even in complex cases like LARS and endometriosis-related constipation.
- Findings support the **early integration of TAI into pelvic floor rehabilitation protocols.**
- There is a **need for larger prospective studies** to establish standardized guidelines.