AGA INSTITUTE GUIDELINES FOR Treatment of Chronic Constipation

CLINICAL DECISION SUPPORT TOOL

Interview and physical examination

Consider metabolic and structural evaluation, baseline labs

Therapeutic trial – fiber ± laxatives

Inadequate response

Anorectal manometry balloon expulsion test*

Normal

Inconclusive

Colonic transit

Barium or MR defecography

Abnormal

Defecography disorder

Slow

Normal

Normal transit constipation

Slow transit constipation

Normal transit constipation

*Because anorectal manometry, rectal balloon expulsion test may not be available in all practice settings, it is acceptable in such circumstances to proceed to assessing colonic transit with the understanding that delayed colonic transit does not exclude a defecatory disorder.

Review online at www.gastro.org/constipationdecisiontool.
AGA INSTITUTE GUIDELINES FOR Treatment for NTC and STC
CLINICAL DECISION SUPPORT TOOL

Slow or normal transit constipation

Laxatives (eg, PEG, MOM, bisacodyl)

- Improvement
- No improvement

Continue regimen

Modify regimen – consider newer pharmacological agents

- Improvement
- No improvement

Continue regimen

Repeat colonic transit test (on medications)

- Delayed
- Normal

Consider gastric emptying if necessary

Adjust medications as needed

Consider further assessment for upper GI motility disorder

- Abnormal
- Normal

Manage appropriately

Consider colonic manometric ± barostat

- Normal
- Abnormal

Consider temporary loop ileostomy

Consider subtotal colectomy + ileorectal anastomosis

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AGA INSTITUTE GUIDELINES FOR Treatment for Defecating Disorders

CLINICAL DECISION SUPPORT TOOL

Defecatory disorder

Pelvic floor retraining ± dietician, psychology

Improvement

No improvement

Follow clinically

Repeat balloon expulsion test

Abnormal

Normal

Defecating/MR proctogram

Normal anal/pelvic floor relaxation

Abnormal anal/pelvic floor relaxation

Clinically significant structural abnormality

Yes

No

Consider surgery

Reassess biofeedback, p.r.n. suppositories, enemas

Consider fallback options

Colonic transit

Slow

Normal

Slow transit constipation

Normal transit constipation