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Rectal Disorders

The rectum is the lower part of your large intestine where your body stores stool. Problems with the rectum are common. They include hemorrhoids [<https://medlineplus.gov/hemorrhoids.html>] , abscesses, incontinence [<https://medlineplus.gov/bowel-incontinence.html>] and cancer [<https://medlineplus.gov/colorectal-cancer.html>] .

Many people are embarrassed to talk about rectal troubles. But seeing your doctor about problems in this area is important. This is especially true if you have pain or bleeding. Treatments vary depending on the particular problem.

NIH: National Institute of Diabetes and Digestive and Kidney Diseases

Diagnosis and Tests

- Colonoscopy: MedlinePlus Health Topic [<https://medlineplus.gov/colonoscopy.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/colonoscopy.html>]
- Lower GI Series (Barium Enema) [<https://www.niddk.nih.gov/health-information/diagnostic-tests/lower-gi-series>]
 (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/pruebas-diagnosticas/transito-gastrointestinal-inferior>]
- Lower GI X-Ray (Barium Enema) [<https://www.radiologyinfo.org/en/info/lowergi>]
(American College of Radiology; Radiological Society of North America)
Also in Spanish [<https://www.radiologyinfo.org/es/info/lowergi>]
- Rectal Bleeding [<https://www.mayoclinic.org/symptoms/rectal-bleeding/basics/definition/SYM-20050740?p=1>]
(Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/symptoms/rectal-bleeding/basics/definition/sym-20050740?p=1>]
- Testing of the Anorectal and Pelvic Floor Area [<https://aboutgimotility.org/motility-testing/anorectal-and-pelvic-floor-area/>]
(International Foundation for Gastrointestinal Disorders)
- Understanding Minor Rectal Bleeding [<https://www.asge.org/home/for-patients/patient-information/understanding-minor-rectal-bleeding>] (American Society for Gastrointestinal Endoscopy)

Treatments and Therapies

- How to Use Rectal Suppositories [<https://www.safemedication.com/how-to-use-medication/rectal-suppositories>]
(American Society of Health-System Pharmacists)
- Rectal prolapse repair - series [https://medlineplus.gov/ency/presentations/100037_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100037_1.htm]





Related Issues

- How to Get More Fiber in Your Diet [<https://familydoctor.org/fiber-how-to-increase-the-amount-in-your-diet/?adfree=true>]
(American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/fibra-como-aumentar-la-cantidad-de-fibra-en-su-dieta/?adfree=true>]

Specifics

- Levator Syndrome [<https://www.merckmanuals.com/home/digestive-disorders/anal-and-rectal-disorders/levator-syndrome>] (Merck & Co., Inc.)
Also in Spanish [<https://www.merckmanuals.com/es-us/hogar/trastornos-gastrointestinales/trastornos-anales-y-rectales/s%C3%ADndrome-del-elevador-del-ano>]
- Pelvic Floor Dyssynergia [<https://aboutgimotility.org/learn-about-gi-motility/disorders-of-the-pelvic-floor/pelvic-floor-dyssynergia/>] (International Foundation for Gastrointestinal Disorders)
- Polyps of the Colon and Rectum [<https://fascrs.org/patients/diseases-and-conditions/a-z/polyps-of-the-colon-and-rectum>] (American Society of Colon and Rectal Surgeons)
Also in Spanish [<https://fascrs.org/patients/diseases-and-conditions/a-z/polipos-del-colon-y-el-recto>]
- Proctitis [<https://www.mayoclinic.org/diseases-conditions/proctitis/symptoms-causes/syc-20376933?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/proctitis/symptoms-causes/syc-20376933?p=1>]
- Proctitis [<https://www.niddk.nih.gov/health-information/digestive-diseases/proctitis>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
- Rectal Prolapse [<https://fascrs.org/patients/diseases-and-conditions/a-z/rectal-prolapse-expanded-version>] (American Society of Colon and Rectal Surgeons)
- Solitary Rectal Ulcer Syndrome [<https://www.mayoclinic.org/diseases-conditions/rectal-ulcer/symptoms-causes/syc-20377749?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/rectal-ulcer/symptoms-causes/syc-20377749?p=1>]

Clinical Trials

- ClinicalTrials.gov: Proctitis [<https://clinicaltrials.gov/search?cond=%22Proctitis%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Rectal Diseases [<https://clinicaltrials.gov/search?cond=%22Rectal+Diseases%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Rectal Prolapse [<https://clinicaltrials.gov/search?cond=%22Rectal+Prolapse%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Rectocele [<https://clinicaltrials.gov/search?cond=%22Rectocele%22&aggFilters=status:not%20rec>]  (National Institutes of Health)


Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Patients with a Short Distance Between the Prostate and the Rectum... [<https://www.ncbi.nlm.nih.gov/pubmed/40710196>]
- Article: Postpartum Anorectal and Pelvic Floor Disorders: Evaluation, Treatment, and Prevention. [<https://www.ncbi.nlm.nih.gov/pubmed/40608234>]
- Article: Abnormal anorectal manometric and sensory functions in patients with functional anorectal... [<https://www.ncbi.nlm.nih.gov/pubmed/40597696>]
- Rectal Disorders -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Rectal+Diseases%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- American College of Gastroenterology [<https://gi.org>]
- American Society of Colon and Rectal Surgeons [<https://fascrs.org/>]

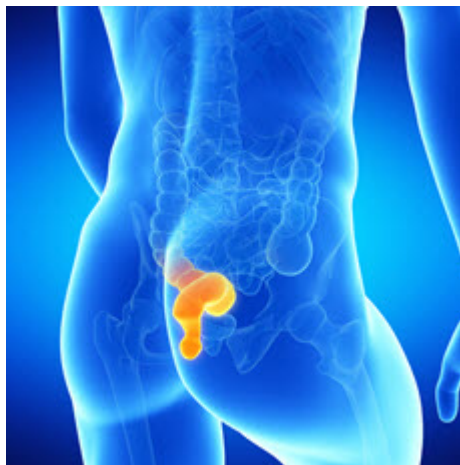
- Find a Gastroenterologist (GI Doctor) [<https://gi.org/patients/find-a-gastroenterologist/>] (American College of Gastroenterology)
- National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>] 

Women

- Posterior Vaginal Prolapse (Rectocele) [<https://www.mayoclinic.org/diseases-conditions/rectocele/symptoms-causes/syc-20353414?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/rectocele/symptoms-causes/syc-20353414?p=1>]
- Rectal Problems in Women [<https://gi.org/topics/rectal-problems-in-women/>] (American College of Gastroenterology)

Patient Handouts

- Anorectal abscess [<https://medlineplus.gov/ency/article/001519.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001519.htm>]
- Digital rectal exam [<https://medlineplus.gov/ency/article/007069.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007069.htm>]
- Proctitis [<https://medlineplus.gov/ency/article/001139.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001139.htm>]
- Rectal biopsy [<https://medlineplus.gov/ency/article/003891.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003891.htm>]
- Rectal prolapse [<https://medlineplus.gov/ency/article/001132.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001132.htm>]
- Rectal prolapse repair [<https://medlineplus.gov/ency/article/002932.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002932.htm>]



MEDICAL ENCYCLOPEDIA

Anorectal abscess [<https://medlineplus.gov/ency/article/001519.htm>]

Anoscopy [<https://medlineplus.gov/ency/article/003890.htm>]

Digital rectal exam [<https://medlineplus.gov/ency/article/007069.htm>]

Proctitis [<https://medlineplus.gov/ency/article/001139.htm>]

Rectal biopsy [<https://medlineplus.gov/ency/article/003891.htm>]

Rectal bleeding [<https://medlineplus.gov/ency/article/007741.htm>]

Rectal prolapse [<https://medlineplus.gov/ency/article/001132.htm>]

Rectal prolapse repair [<https://medlineplus.gov/ency/article/002932.htm>]

Rectal prolapse repair - series [https://medlineplus.gov/ency/presentations/100037_1.htm]

Related Health Topics

[Anal Disorders \[https://medlineplus.gov/analdisorders.html\]](https://medlineplus.gov/analdisorders.html)

[Bowel Incontinence \[https://medlineplus.gov/bowelincontinence.html\]](https://medlineplus.gov/bowelincontinence.html)

[Bowel Movement \[https://medlineplus.gov/bowelmovement.html\]](https://medlineplus.gov/bowelmovement.html)

[Colorectal Cancer \[https://medlineplus.gov/colorectalcancer.html\]](https://medlineplus.gov/colorectalcancer.html)

[Digestive Diseases \[https://medlineplus.gov/digestivediseases.html\]](https://medlineplus.gov/digestivediseases.html)

[Hemorrhoids \[https://medlineplus.gov/hemorrhoids.html\]](https://medlineplus.gov/hemorrhoids.html)

National Institutes of Health

The primary NIH organization for research on *Rectal Disorders* is the National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>]

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies.

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