Low Anterior Resection Syndrome:

Low Anterior Resection Syndrome is a collection of symptoms or issues patients have after undergoing a colon resection with "a hook up" or anastomosis low in the rectum. These symptoms may include; frequency/urgency of stools, clustering of stools (numerous bowel movements over a few hours), bowel incontinence, no stool for a day or two and then numerous bowel movements another day, and or increased gas.

Not all patients experience every symptom. Each patient is unique. Some patients may notice their symptoms resolve over time, while other patients continue to have symptoms. The purpose of this handout is to offer suggestions that may be helpful in coping with these issues.

Helpful Hints:

1. Muscle strengthening exercises (see separate handout) combined with dietary changes may help with urgency and stool incontinence.
2. For clustering of bowel movements try:
   - One dose of Questran (prescription needed) mixed with water in the morning, followed by a half a glass of water.
   - One hour later, take an Imodium AD (available without a prescription)
   - One hour later, take a FloraQ (available without a prescription)
   - At bedtime, take one dose of Citrucel or Metamucil
3. Chew foods thoroughly
4. Try small frequent meals (5-6 per day). Skipping meals may worsen watery stools and cause increased gas.
5. Add new foods one at a time to determine the effect on your bowel movements.
6. Drink plenty of fluids. Sip fluids slowly and drink either between meals or at the end of a meal.
7. Avoid large amounts of caffeine. This can worsen stool output.
8. Eat foods high in soluble fiber and use fiber supplements (Psyllium based products improve stool consistency by absorbing water but not reducing volume) This will help slow and thicken the stool. A separate fiber information sheet is available.
9. Milk and milk products contain lactose and can worsen diarrhea for some people. Try lactose free milk or enzyme tablets if milk affects you.
10. Imodium AD is an anti-diarrheal medication that is available over the counter, well tolerated, and even increases sphincter pressure. This helps thicken stool as well as helps with stool incontinence.
11. Carry a survival pack (wet wipes, protective ointments (for example, calmsopetine ointment), and Imodium), take advantage of aisle seating, and know where restrooms are located.
### Food Chart
This chart is only a guide as foods can affect people differently.

#### Foods That Cause Gas:
- Cabbage
- Brussels Sprouts
- Broccoli
- Cauliflower
- Onions
- Corn
- Nuts
- Dairy Products
- Spinach
- Radishes
- Carbonated Beverages
- Beans
- Cucumbers
- Beer

#### Foods That Make Stools Firmer:
- Bananas
- White Pasta
- Milk Arrowroot Biscuits
- Tapioca
- Potatoes
- Yogurt
- White Boiled Rice
- White Bread (Not High Fiber)
- Marshmallows (White)
- Peanut Butter
- Cheese
- Pretzels

#### Foods That May Cause Softer and More Frequent Stools:
- Vegetables: Red Capsicum, Cabbage, Onions, Spinach, Dried and Fresh Beans, Peas, Corn, Brussels Sprouts, and Broccoli
- Fruit (Fresh, Canned, or Dried): Grapes, Apricots, Peaches, Plums, Prunes
- Spices: Chili, Curry, Garlic
- Caffeine: Coffee, Tea, Cola, Chocolate
- Alcohol: Beer, Red Wine
- Glucose Free Foods Containing Sorbitol or Mannitol: Sugar Free Chewing Gum, Some Mints, Sweeteners, Snack Bars
- Bran and Other High Fiber Cereals and Breads. Some Fiber Supplements.
- Milk and Other Dairy Products
- Nuts and Popcorn
- Greasy Foods
- Prune, Orange, and Grape Juices