

Urology Abstracts

Title: VARIOUS ANTEGRADE CONTINENT ENEMA SOLUTIONS DIMINISH TOILET TIME

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Background: Antegrade Continent Enema (ACE) programs have improved the lives of many patients with Spina Bifida, and that of their families. The long length of time on the toilet can be detrimental to the patient and family. Various solutions and/or additives to the enema solution itself to try to facilitate diminished time on the toilet have been used, such as baby shampoo, mineral oil, magnesium citrate, licorice root extract, phosphosoda enema solutions, and polyethelene glycol preparations.

Method: We undertook an IRB approved retrospective chart review at our institution to assess the frequency, solution, and type of additive(s) used by the patient and family for ACE administration. Of our 28 patients, 12 were female, 16 were male. The length of time on the toilet, interval bowel accidents, and patient and family satisfaction with ACE program were then assessed.

Results: Many patients and families find that modifying the ACE solution with an additive to be beneficial in terms of diminishing the time on the toilet during ACE administration, and in terms of diminished interval bowel accidents. Baby shampoo, followed by polyethelene glycol preparations were the most successful. Most families reported the need to vary the additive over time, as different activity levels and dietary habits changed.

Conclusion: Baby shampoo and polyethelene glycol preparations, in addition to other additives, enhance the success rate by diminishing the time on the toilet with Antegrade Continent Enema programs.