



*Aylesbury Vale Clinical Commissioning Group
Bracknell and Ascot Clinical Commissioning Group
Chiltern Clinical Commissioning Group
Newbury and District Clinical Commissioning Group
North and West Reading Clinical Commissioning Group
Oxfordshire Clinical Commissioning Group
South Reading Clinical Commissioning Group
Slough Clinical Commissioning Group
Windsor, Ascot and Maidenhead Clinical Commissioning Group
Wokingham Clinical Commissioning Group*

Thames Valley Priorities Committee Commissioning Policy Statement

Policy No:248 (TVPC 3) Anal Irrigation Systems for the Management of Faecal Incontinence/Constipation

Recommendation made by the Priorities Committee: **January 2014**

Date agreed by Oxfordshire CCG: **24th April 2014**

Date of issue: **1st May 2014**

Anal irrigation, also known as transanal irrigation or rectal irrigation is a method of emptying the lower bowel using warm water. Anal irrigation may be used in a number of clinical scenarios to facilitate bowel management and thus improve the quality of life of people with chronic faecal incontinence and/or constipation.

The Thames Valley Priorities Committee has considered the evidence for the use of anal irrigation systems and **recommends** their use only:

- for patients **who have exhausted all other conservative treatment options, appropriate to their needs;** (see range of conservative treatment options listed below)
- following a referral to a specialist continence nurse or therapist-led specialised bowel management service OR to a secondary care specialist in bowel management

Commissioners of NHS services may wish to refer to the Royal College of Surgeons *High Value Care Pathway for faecal incontinence* (2014)¹ that provides a comprehensive patient care pathway to guide service provision. NB Providers of NHS services should note that this is a national pathway and not all interventions included may be commissioned locally.

¹ Royal College of Surgeons (2014) Commissioning Guide - *High Value Care Pathway for faecal incontinence*. <http://www.rcseng.ac.uk/healthcare-bodies/docs/published-guides/faecal-incontinence>

Conservative treatment Options

The Royal College of Surgeons *High Value Care Pathway for faecal incontinence* (2014) lists the following conservative treatment options for chronic faecal incontinence/constipation. However, it should be noted that **not all interventions included in the list may be commissioned locally.**

Offer all patients:

- Reassurance and lifestyle advice
- Access to help with relevant physical, emotional, psychological and social issues
- Advice about relevant support groups

Initial bowel management

- Dietary modification
- Medication
- Advice on use of continence products

Nurse or therapist-led specialised bowel management

- Pelvic floor muscle training
- Bowel retraining
- Biofeedback
- Electrical stimulation
- Trans-anal irrigation
- Hypnotherapy – For patients with IBS^{6,7}
- Posterior tibial nerve stimulation
- Anal plugs
- Skin care
- Helpline
- Counselling/ psychological support

NOTES:

- *Potentially exceptional circumstances may be considered by a patient's CCG where there is evidence of significant health status impairment (e.g. inability to perform activities of daily living) and there is evidence that the intervention sought would improve the individual's health status.*
- *This policy will be reviewed in the light of new evidence or new national guidance, eg, from NICE.*
- *Thames Valley clinical policies can be viewed at <http://www.fundingrequestscentralsouthern.co.uk/>*
- *Oxfordshire CCG clinical policies can be viewed at <http://www.oxfordshireccg.nhs.uk/professional-resources/priority-setting/lavender-statements>*