

Symptoms/Sign/Obsolete/Evergreen/New

In A Patient with Gastro-Intestinal Complaints – “Do not Forget to Ask Do you Need to Flush Twice After Passing Stools”?

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Irritable bowel syndrome is a most common disorder in private practice. In patients having GI complaints passing mucus in the stool is a very suggestive complaint.

In the past, patients were using Indian toilet and could see the mucus as a sticky white substance in the stool.

Then came the days of the English toilet, and when the patient was asked about seeing mucus in the stool he would answer that the stools are covered with water since he is using the English toilet. A number of patients will say that while washing the bottom after passing the stool they could feel the sticky mucus and they need to wash for a longer time.

Lately, for the last few years we have

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become so westernized that there is a jet of water or a shower to clean the bottom after passing the stool, with the result the history taking of private practitioners like us has become more difficult. I have started asking a new question to all such patients, where I have to diagnose a sticky stool. After passing a normal stool usually one flushing of the tank is enough to clear the commode completely. There are many patients who will be disturbed because they need to flush twice and very rarely even thrice to clear the commode of the stool.

This complaint is very suggestive of irritable bowel syndrome which is increasing in the modern population and at present is seen in every alternate person. These are people who do not see a doctor for these complaints. Others keep on going from doctor to doctor and the patient becomes a headache for a private practitioner since the treatment of irritable colon is not very satisfying.