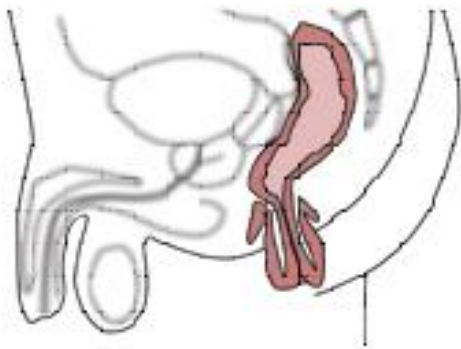


How to Reduce Your Rectal Prolapse

Rectal Prolapse happens when part or the entire rectum slides out of place. When you “reduce” your prolapse, you are pushing your rectum back inside your body.



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Rectal Prolapse can happen for many different reasons:

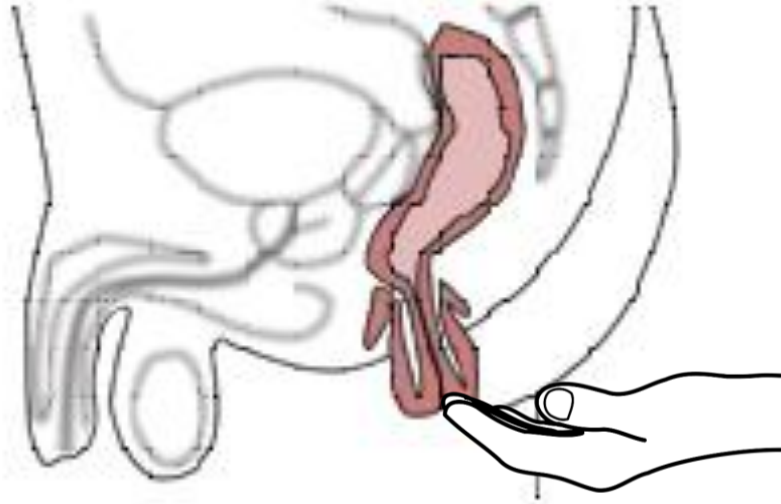
1. Weakened muscles
2. Weakened ligaments
3. Neurological problems

Surgery is **not** always necessary:

The following can help keep your prolapse reduced:

1. Avoid straining to have a bowel movement.
2. Keeping your bowel movements soft.
3. Following our “Healthy Bowel Habits”.
4. Physical Therapy to strengthen the muscles.

To reduce your prolapse:



- Use a gloved hand (optional)
- Apply gentle but steady pressure on the prolapsed rectum
- Push upward

If you have difficulty reducing your prolapse, apply granulated sugar to the prolapsed rectum. Let the sugar sit for 15 minutes and then attempt to reduce the prolapse again. The sugar will absorb the extra water in the prolapse and cause the prolapse to shrink. You must use granulated sugar. A sugar substitute will not work for reducing the prolapse.

Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.



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