Rectal Prolapse

Treatment Approach
Rectal prolapse is a mechanical problem of loss of internal rectal fixation. Although medical treatment can help produce soft regular bowel movements and decrease the stress on the area, only surgical repair can eliminate the problem.

Surgical Options
Surgical repairs are designed to either remove the prolapsed rectum or to fix the rectum up in the pelvis. There are two main surgical approaches – transabdominal (through the front of the abdomen) or perineal (from the bottom).

Abdominal
- **Frykman repair** - sigmoid colon resection, rectal mobilization and rectopexy
- **Rectopexy alone** - suturing the rectum to the sacrum
- **Ripstein repair** - anchoring the rectum to the sacrum with a piece of permanent mesh

Perineal
- **Altmeier proctectomy & levateroplasty** - removing the prolapsed rectum and tightening up the pelvic floor muscles
- **DeLorme procedure** - stripping the mucosal lining of the prolapsed rectum and plicating the rectal wall muscle
- **Thiersch loop** - tightens the anus by wrapping it with an implanted permanent material

Frykman repair – Sigmoid colon resection, rectal mobilization and rectopexy.
Ripstein repair – The rectum is anchored to the sacrum with a piece of permanent mesh.
Altmeier proctectomy & levateroplasty
The prolapsed rectum is removed from the bottom and the pelvic floor muscles are pulled together.

DeLorme procedure – The mucosal lining of the prolapsed rectum is stripped and rectal wall muscle is plicated.

Thiersch loop – The anus is tightened by wrapping it with an implanted permanent material.

Patient information materials developed in the Section of Colon and Rectal Surgery at Rush University Medical Center. The information contained in this brochure is believed to be accurate; however, questions about your individual health should be referred to your physician.

July 2013 - No. 035 v8.3

Rush is a not-for-profit health care, education and research enterprise comprising Rush University Medical Center, Rush University, Rush Oak Park Hospital and Rush Health.