

**Title:**

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**Huge fecaloma in a rectum ampulla resolved with conservative treatment using a carbonated soft drink**

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*Dear Editor,*

We present the case of a 73-year-old female who was admitted to our center for the study of iron deficiency anemia, persistent constipation and abdominal distension. An abdominal computed tomography (CT) scan was requested which showed a large fecaloma in the rectum ampulla, causing a significant dilatation of the colon, reaching 10 cm in the rectum ampulla and up to 12 cm in the sigma (Fig. 1).

Medical treatment with osmotic laxatives, prokinetics and rectal tube enemas was started without success. The Gastroenterology Department was consulted to optimize treatment when the patient was admitted to the hospital as a result of 23 days with no stool. There are two cases reported in the medical literature (1,2) of endoscopic disimpaction of fecalomas after injection of a cola-type carbonated soft drink, with a sclerosis needle and fragmentation with a polypectomy loop. In our case, a more conservative management was attempted, consisting of the administration of cola-type carbonated soft drink through a rectal probe. At first, the procedure was carefully explained to the patient and after her consent, a rectal probe was advanced to the

proximal end of the fecaloma and 500 cc of the soda was administered, resulting in the expulsion of abundant fecal material a few minutes later. No complications associated with the procedure were described. Afterwards, the patient recovered a normal bowel rhythm with a good clinical improvement. However, in control radiographs, there was still a significant dilatation of the intestinal loops. Therefore, a rectosigmoidoscopy was performed to verify that the fecaloma was disimpacted, confirming the success of our case (Fig. 2).

## Discussion

Colonic impaction due to a fecaloma is a very frequent complication in routine clinical practice, especially in elderly patients. Most cases are resolved with digital desimpaction and laxative treatment. However, in cases of refractory fecalomas, treatment options often include aggressive measures such as surgery for resolution. In order to propose an alternative treatment, two clinical cases of endoscopic disimpaction of fecalomas after injection of a cola drink with a sclerosis needle and subsequent fragmentation with a polypectomy loop have been published in recent years (1,2). The basis of the treatment lies in the fact that the composition of fecalomas is similar to a phytobezoar, which are particularly sensitive to the dissolving action of soda drinks.

Our case shows the first reported successful resolution of a fecaloma with conservative treatment, consisting of the administration of cola through a rectal probe. Since fecalomas are usually more prevalent in the frail and elderly population, we propose that this option be considered before considering endoscopic or surgical treatment.

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Fig. 1. Abdominal computed tomography (CT) in sagittal view. A large fecaloma is visualized in the rectum ampulla that caused a striking dilatation of the colon.



Fig. 2. Rectosigmoidoscopy: resolution of the fecaloma is observed, allowing the passage of the endoscope through liquid fecal debris.