

Reasons Behind Pain after Bowel Movement

Constipation is one of the common conditions that is indicative of poor digestion. It is characterized by infrequent bowel movements, incomplete evacuation of bowel, and straining throughout bowel movements due to hardening of the stools. Rectum is the opening at the end of the digestive system through which the stool passes, whereas rectum is the terminal end of the digestive tract, and is connected to the anus. Pain after bowel movements could be attributed to medical conditions affecting these structures.



Contributing Factors

Hemorrhoids.

- Hemorrhoids, also called piles, is a condition that is characterized by the presence of swollen and inflamed veins in the rectum and lower anus.
- It might occur due to severe or chronic constipation wherein the affected person has to frequently strain during bowel movements.
- It could also impact pregnant women due to the increased pressure on these veins.
- It could be internal, which means the swollen veins could be located inside the rectum.
- It could be external, which indicates that swollen veins might develop under the skin around the anus.

Anal Fissures

Pain during and after bowel movements is one of the common symptoms of anal fissures. An anal fissure is a tear in anoderm, which is a specialized tissue that lines the anal canal. The tear runs from the rectum to the anal canal. It could take place in individuals impacted by chronic constipation. Because this area consists of a large number of nerves, trauma to this region can cause pain. Passing a large, tough stool might be the reason behind the development of an anal fissure. Repeated episodes of **diarrhea** could also be a contributing factor. Often, women could establish a fissure after giving birth.

Anal Fistula

An anal fistula results from anal abscess, which may form when the glands located in the anus end up being blocked and infected. An anal fistula is a small channel that signs up with the infected gland within the anus to an opening on the skin near the rectum. People affected by Crohn's illness, sexually transmitted diseases, injury, diverticulitis, etc., are more likely to develop an anal fistula. It can give rise to signs such as pain with defecation, pain around the anus, inflammation of the skin around the anus, bleeding, fever, fatigue, etc.

Proctitis Inflammation of the Lining of the Rectum is Medically Described as Proctitis

It could be caused due to sexually transmitted infections, inflammatory bowel diseases (ulcerative colitis or Crohn's disease), trauma to the anorectal region, etc. The symptoms of this condition include soreness in the rectal and anal area, periodic rectal bleeding, pain throughout and after bowel movement, diarrhea, discharge from the anal area, etc.



ConstipationDiarrhea

- Inflammatory Bowel Disease Crohn's disease and ulcerative colitis are placed in the category of inflammatory bowel diseases.
- Ulcerative colitis is characterized by the development of ulcers and inflammation of the lining of the colon and the rectum.
- It gives rise to abdominal pain, urgency to have a bowel movement, cramping, rectal bleeding, loss of appetite, weight loss, fatigue, etc.
- Crohn's disease is also characterized by swelling in the lining of the intestinal tract.
- It triggers symptoms such as stomach pain, cramping, diarrhea, blood in stool, weight loss, loss of appetite, anal fissures, etc
- On a concluding note, pain during and after defecation could be caused by several medical conditions.
- Thus, it is vital to look for medical assistance for the proper diagnosis and treatment of the underlying cause.

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