

Constipation (Colon-7)

Per ASGE guidelines, colonoscopy is not recommended for the initial evaluation of constipation as the sole symptom. In general, the yield of colonoscopy for isolated constipation is comparable to that of asymptomatic individuals undergoing colonoscopy for routine colorectal cancer screening. Colonoscopy for constipation is indicated for associated alarm symptoms, including iron deficiency anemia, heme-positive stool, rectal bleeding, weight loss, and age ≥ 45 years old with no prior colonoscopy. Colonoscopy is indicated if there is a concern for obstruction, if surgery is being considered to treat constipation, or for dilation of strictures.

References:

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2. Bharucha AE, Dorn SD, Lembo A, Pressman A. American Gastroenterological Association medical position statement on constipation. *Gastroenterology*. 2013;144(1):P211-217. doi:10.1053/j.gastro.2012.10.029.
3. Telford J. Inappropriate uses of colonoscopy. *Gastroenterol Hepatol*. 2012;8(5):342-344.