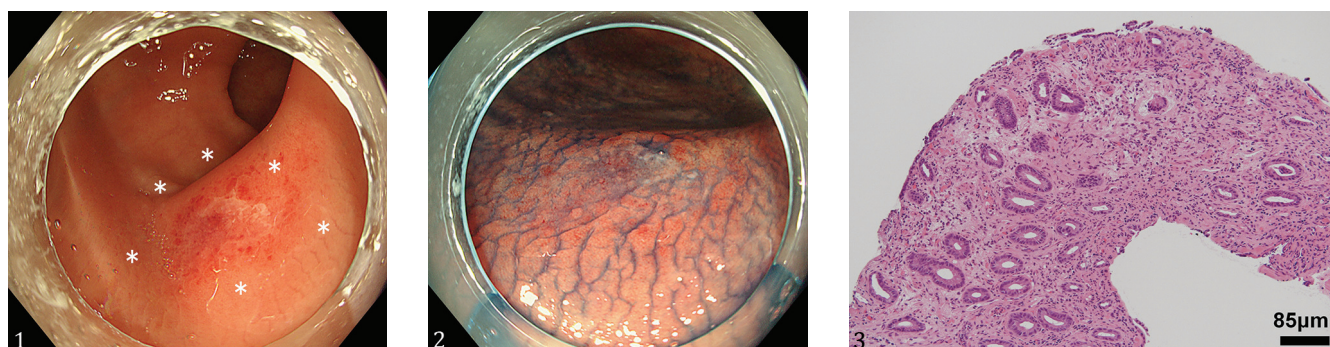


Solitary Rectal Ulcer Syndrome caused by Electric Bidet Toilet Misuse

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A 78-year-old woman visited our hospital for a screening colonoscopy prior to a pancreatic tumor surgery. She suffered constipation poorly responsive to laxatives and therefore, she began using an electric bidet toilet (EBT) for longer than 10 minutes with a strong jet pressure prior to defecation to stimulate the anus and assist her in defecation by storing the water in the rectum. Colonoscopy revealed a solitary rectal ulcer (SRU) surrounded by hyperemic and edematous mucosa of the anterior rectum, 3 cm from the dentate line (Fig. 1, normal white light; Fig. 2 indigo carmin; Supplementary file, narrow-band imaging). Histopathological examination revealed mucosal erosion and smooth muscle fibers that penetrated the submucosal layer, called fibromuscular obliteration, corresponding to SRU syndrome (Fig. 3, hematoxylin eosin staining, 200x). We recommend her to adjust her laxative and EBT usage.

While EBTs are extremely common in Japan, they have also gradually become popular in other Asian countries as well as the rest of the world. Effectiveness of EBT use for constipation or defecation difficulties has been reported. As for washing the anus before defecation with EBT, 70% of survey respondents reported that stimulating the anus with a jet of water aided defecation, and 20% reported that water penetration into the rectum aided defecation similar to an enema [1]. Regarding rectal damage by EBT, a case of rectal mucosal prolapse

syndrome due to EBT overuse [2] and a direct SRU caused by strong EBT water pressure [3] have been reported.

In this case, as SRU is caused by direct usage of a strong EBT water pressure and by abnormal defecation habits; it was evident that EBT had promoted the SRU syndrome occurrence. Physicians should inform patients that washing the anorectum with the highest EBT water pressure can cause rectal damage, and when SRU syndrome is present during colonoscopy, they should ask questions regarding the use of EBT.

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Conflicts of interest: None to declare.

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