

## What is Solesta?

Solesta is a bulking agent used for the treatment of fecal incontinence. It is beads that are injected into the anal canal to create a barrier. It is recommended for people with fecal incontinence who have not found success with other therapies (for example: diet, fiber therapy, medications that treat diarrhea).

People using Solesta have better control of their bowel movements, fewer leaks, and more days without accidents. Having 1 or 2 treatments has been shown to provide relief for up to 2 years.

## Solesta should not be used if you have:

- Problems in the rectum or anus, such as tumors, abnormal anatomy, hemorrhoids or cracks in the rectal tissue (anal fissures)
- Ongoing bowel inflammation (swelling) (Crohn's disease or ulcerative colitis)
- Trouble fighting off infection (immunodeficiency disorder such as HIV/AIDS)
- An active infection
- Current bleeding in the rectum or anus
- Taken medication to suppress the immune system, such as those used in cancer or organ transplant patients
- Already have a device or a material placed in your rectum or anus
- If you have had radiation treatments in your pelvic area before

## Common risks of treatment with Solesta include:

- Mild pain or discomfort in the rectum or anus
- Minor bleeding or spotting from the rectum following treatment

**In rare circumstances, patients have experienced:**

- Fever
- Abdominal pain
- Diarrhea or constipation after treatment
- Infection and inflammation of tissues in the anus

**How is Solesta administered?**

Solesta can be administered in a doctor's office or in the operating room. During the procedure, the doctor gives 4 gel injections into the wall of the anal canal. The procedure typically takes ten minutes and does not require sedation.

**What should I expect after the Solesta treatment?**

Solesta is an outpatient procedure and requires no overnight hospital stay. You can leave soon after treatment. You may resume normal lifestyle and all physical activities after 1 week.

**After treatment, do not:**

- Take a hot bath during the first 24 hours after treatment.
  - You may take a shower, or a cool or lukewarm bath
- Use anti-diarrheal medication for at least 1 week (7 days) after treatment.
  - You may use a laxative if needed until the first bowel movement occurs
- Perform **any** physical activity for 24 hours after treatment
- Perform **any strenuous** physical activities for 1 week after treatment. It is safe to perform these activities after that time. Not following this warning may cause the gel to leak from your anal tissue.
- Have sexual intercourse for 1 week after treatment
- Put anything in your anus, such as thermometers, suppositories or enemas, for 1 month after treatment

## When should I call for help?

Contact your doctor immediately if you experience any of the following:

- Bleeding from your rectum
- Bloody diarrhea
- Fever
- Inability or difficulty emptying your bowels
- Problems with urinating

## How do I care for myself after Solesta?

Before going home, you will receive instructions on how to care for yourself after Solesta treatment. Follow these instructions carefully to speed up your recovery and reduce problems. It is important to know that the Solesta gel might be detected during future medical examinations or during X-rays. Remember to tell other doctors that you have received this treatment procedure with Solesta.

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Author: Terri O'Neill RN, BSN  
Reviewers: Jenifer Crawford RN, BSN

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