QUESTION 40

A 55yo woman with a long history of constipation-predominant irritable bowel syndrome presents for review. She complains of worsening constipation and increased bloating. She had a normal colonoscopy at the age of 40 years.

She presented to the emergency department six days ago with abdominal bloating which subsided following an enema. An abdominal X-ray is shown below.

[Image of X-ray]

The most appropriate next step is to:

A. Increase fibre intake
B. Add a laxative to her regimen
C. Perform a colonoscopy
D. Perform an abdominal CT scan
E. Perform an upper abdominal ultrasound

I’m not entirely sure what this XR is mean to be showing us. But if you ignore that and look at the history only, we have a 55yo woman with an altered bowel habit. Her last colonoscopy was 15 years ago.

Really we have to exclude a colorectal cancer. The best way to do this is with a colonoscopy. So that is the answer – C.