Bölüm
19

ALT GASTROİNTESTİNAL KANAMALAR VE AĞRI

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GİRİŞ

Alt gastrointestinal kanama genel olarak sindirim sisteminde Treitz ligamanının distalinden kaynaklanan kanamaları ifade eder. Ancak ince barsak kaynaklı kanamalar klinik, tedavi yönetimi ve sonuçlar açısından çekum ve distalinden kaynaklanan kanamalardan farklılık gösterir. Alt gastrointestinal sistem kaynaklı kanamalı hastalar daha çok hematokezya ile başvururlar. Ancak masif üst gastrointestinal kaynaklı kanamalarda da hematokezya görülebilir ayrıca sağ kolon kaynaklı kanamaları olan hastalar da nadir olarak melenayla başvurur (1).

EPİDEMİYOLOJİ

Alt gastrointestinal kanama insidansı ile ilgili literatürde birçok farklı değer olmakla birlikte ortalama görülme sıklığı 33-887/100000'dir (2,3).

ABD'de kanama gastrointestinal hastalıklar içinde en sık hospitalizsyon gerektiren nedendir ve kanama olgularının %30-40'i alt gastrointestinal sistem kaynaklıdır (4).

Akut alt gastrointestinal kanamaların birçoğu kendiliğini sınırlar ve hastalar ek girişime gerek kalmaksızın taburcu edilir. Ancak ileri yaş ve eşlik eden komorbid hastalıkların varlığı artmış morbidite ve mortalite ile ilşkilidir (5).

Üst gastrointestinal kanamalarla karşılaştırıldığında da alt gastrointestinal kanamalar daha çok ağrısız olma eğilimindedir, daha az teröpatik müdahale gerektirir ve hastane mortalitesi daha düşüktür (6).

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kolit dışında alt gastrointestinal kanamalarda ağrı nadir görülen bir şikayettir. Ciddi hematokezya ile başvuran hastaların komorbid hastalıkları kullandığı ilaçlar değerlendirilerek hemodianamik resüsitasyonları yapılmalı ve erken dönemde (ilk 24 saat) endoskopi ile üst gastrointestinal sistem ekarte edilerek kolonsokopik değerlendirme yapılmalıdır. Radyolojik değerlendirme kolonoskopi ile odak tespit edilemeyen ve ciddi kanaması olan sınırlı bir hasta grubunda yapılır. Tüm radyolojik ve endoskopik önlemlere rağmen devam eden kanamalarda cerrahi düşünülebilir, ancak morbiditesi yüksektir.

Anahtar Kelimeler: hematokezya, kolonoskopi , alt gastrointestinal kanama,

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