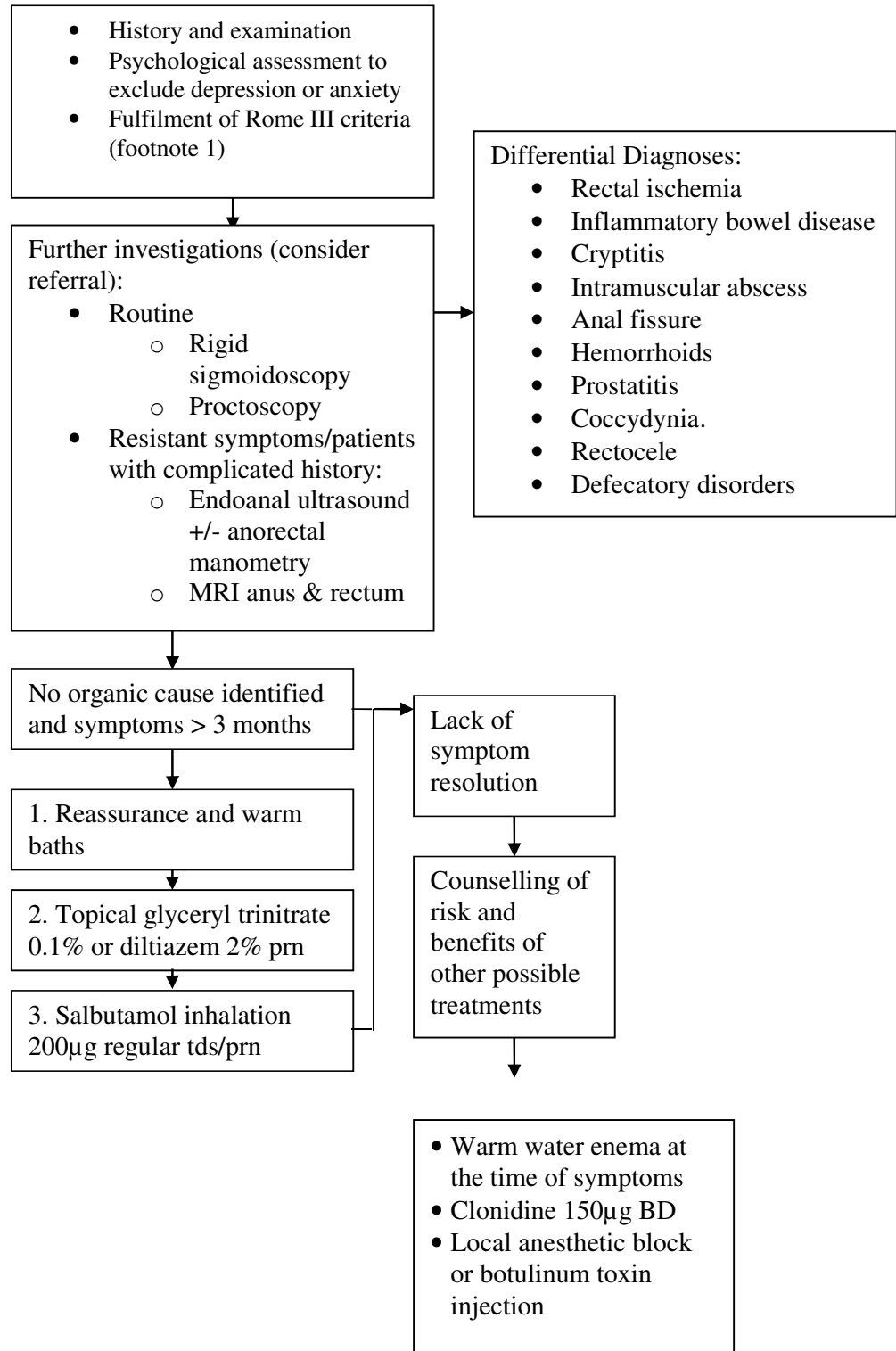


Appendix 1 (as supplied by authors): **Suggested management pathway for patients with possible proctalgia fugax¹** (Summary of evidence for treatment modalities in footnote 2)



Footnote 1: Rome III criteria for functional anorectal pain (2)

	Chronic proctalgia	Proctalgia fugax
Must include all	<ol style="list-style-type: none"> 1. Chronic or recurrent rectal pain or aching 2. Episodes last at least 20 minutes 3. Exclusions of ischemia, inflammatory bowel disease, cryptitis, intramuscular abscess and fissure, hemorrhoids, prostatitis and coccydynia. 	<ol style="list-style-type: none"> 1. Recurrent episodes of pain localised to the anus or lower rectum 2. Episodes last from seconds to minutes 3. There is no anorectal pain between episodes.
	Levator ani syndrome	
	- As for chronic proctalgia and tenderness during posterior traction on the puborectalis	
	Unspecified Functional Anorectal Pain	
	- As for chronic proctalgia but no tenderness during posterior traction of puborectalis	

Footnote 2: Summary of recommended treatment modalities for proctalgia fugax with USPSTF level of evidence

	Authors	Treatment Modality	USPSTF level of evidence
(3-5)	Penny. 1970; Karras & Angelo. 1951; Olsen. 2008	Tap/hot water enema	B
(4, 6)	Karras & Angelo. 1951; Potter & Bartolo. 2001	Hot baths	B
(7)	Boquet <i>et al.</i> 1986	Oral diltiazem	B
(4, 8, 9)	Karras & Angelo. 1951; Clayton. 1985; Lowenstein & Cataldo. 1998	Glyceryl trinitrate	B
(10)	Swain. 1987	Clonidine	D
(11, 12)	Katsinelos <i>et al.</i> 2001 ;	Botulinum toxin injection	A

	Sanchez Romero <i>et al.</i> 2006		
(13-15)	Wright. 1985 ; Wright. 1991; Eckhardt <i>et al.</i> 1996	Salbutamol inhalation	A
(16)	Bascom. 1998	Pudendal nerve block	D
(17)	Waldman <i>et al.</i> 1991	Superior hypogastric plexus block	D

1. Jeyarajah S, Chow A, Ziprin P, Tilney H, Purkayastha S. Proctalgia fugax, an evidence-based management pathway. *Int J Colorectal Dis.* Sep;25(9):1037-46.
2. Bharucha AE, Wald A, Enck P, Rao S. Functional anorectal disorders. *Gastroenterology.* 2006 Apr;130(5):1510-8.
3. Olsen B. Proctalgia fugax--a nightmare drowned in enema. *Colorectal Dis.* 2008 Jun;10(5):522-3.
4. Karras JD, Angelo G. Proctalgia fugax. *Am J Surg.* 1951 Nov;82(5):616-25.
5. Penny RW. The doctor's disease--proctalgia fugax. *Practitioner.* 1970 Jun;204(224):843-5.
6. Potter MA, Bartolo DC. Proctalgia fugax. *Eur J Gastroenterol Hepatol.* 2001 Nov;13(11):1289-90.
7. Boquet J, Moore N, Lhuintre JP, Boismare F. Diltiazem for proctalgia fugax. *Lancet.* 1986 Jun 28;1(8496):1493.
8. Lowenstein B, Cataldo PA. Treatment of proctalgia fugax with topical nitroglycerin: report of a case. *Dis Colon Rectum.* 1998 May;41(5):667-8.
9. Clayton MR. Therapy for proctodynia. *Med J Aust.* 1985 Nov 25;143(11):532.
10. Swain R. Oral clonidine for proctalgia fugax. *Gut.* 1987 Aug;28(8):1039-40.
11. Katsinelos P, Kalomenopoulou M, Christodoulou K, Katsiba D, Tsolkas P, Pilpilidis I, et al. Treatment of proctalgia fugax with botulinum A toxin. *Eur J Gastroenterol Hepatol.* 2001 Nov;13(11):1371-3.
12. Sanchez Romero AM, Arroyo Sebastian A, Perez Vicente FA, Serrano Paz P, Candela Polo F, Calpena Rico R. [Treatment of proctalgia fugax with botulinum toxin: results in 5 patients]. *Rev Clin Esp.* 2006 Mar;206(3):137-40.
13. Eckardt VF, Dodt O, Kanzler G, Bernhard G. Treatment of proctalgia fugax with salbutamol inhalation. *Am J Gastroenterol.* 1996 Apr;91(4):686-9.
14. Wright JE. Inhaled salbutamol for proctalgia fugax. *Lancet.* 1985 Sep 21;2(8456):659-60.
15. Wright JE. Trial of inhaled salbutamol for proctalgia fugax. *Lancet.* 1991 Feb 9;337(8737):359.
16. Bascom JU. Pudendal canal syndrome and proctalgia fugax: a mechanism creating pain. *Dis Colon Rectum.* 1998 Mar;41(3):406.
17. Waldman SD, Wilson WL, Kreps RD. Superior hypogastric plexus block using a single needle and computed tomography guidance: description of a modified technique. *Reg Anesth.* 1991 Sep-Oct;16(5):286-7.