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Seed bezoars as a rare cause of fecal impaction in pediatric patients: A report of two cases from Pakistan

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Large Bowel obstruction can occur due to numerous etiologies, with seed bezoars being an infrequent one. We herein present two cases of fecal impaction by rectal seed bezoars in pediatric patients for the first time from Pakistan, while also reporting areca nut (betel nut) fecal impaction for the first time in the literature. Our first patient was a 6 year old boy who, having consumed a bag of sunflower seeds, presented to the emergency department with the complaints of constipation and abdominal pain. Under sedation, the seeds were manually evacuated. Following that he continued to pass stool mixed with seeds over next 24 hours. His symptoms resolved and was discharged home next day. Our second patient was a 10 year old boy who presented to the emergency department with the complaints of pain in anal region and constipation after ingestion of areca nuts. Under general anesthesia, manual dis-impaction was done to evacuate the nuts. A mucosal tear along with small amount of bleeding was also observed, which resolved with anal packing for 6 hours. In both cases, counselling of parents was done to prevent such an incident in the future.

These cases highlight severe sequelae of ingestion of seeds/nuts by children, which is the formation of seed bezoars and intestinal obstruction, possibly leading to constipation and other possibly dangerous complications. Although manual dis-impaction under general anesthesia almost always treats these patients, it is equally crucial to create awareness regarding the dangers of consumption of these items, especially in developing countries.

Biography

Shajie Ur Rehman Usmani is a 5th year MBBS student from Pakistan with an immense passion for **Pediatric Cardiac Surgery**, which he plans to pursue as a career. He is an active social worker and a Global Surgery enthusiast with a keen interest in promoting Universal Health Coverage for surgery in particular. Moreover, he is an avid public speaker and a leader-in-making who believes in the power of advocacy, especially for pediatric health care.

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