



Guy's and St Thomas'
NHS Foundation Trust

Anorectal Sexually Transmitted Infections

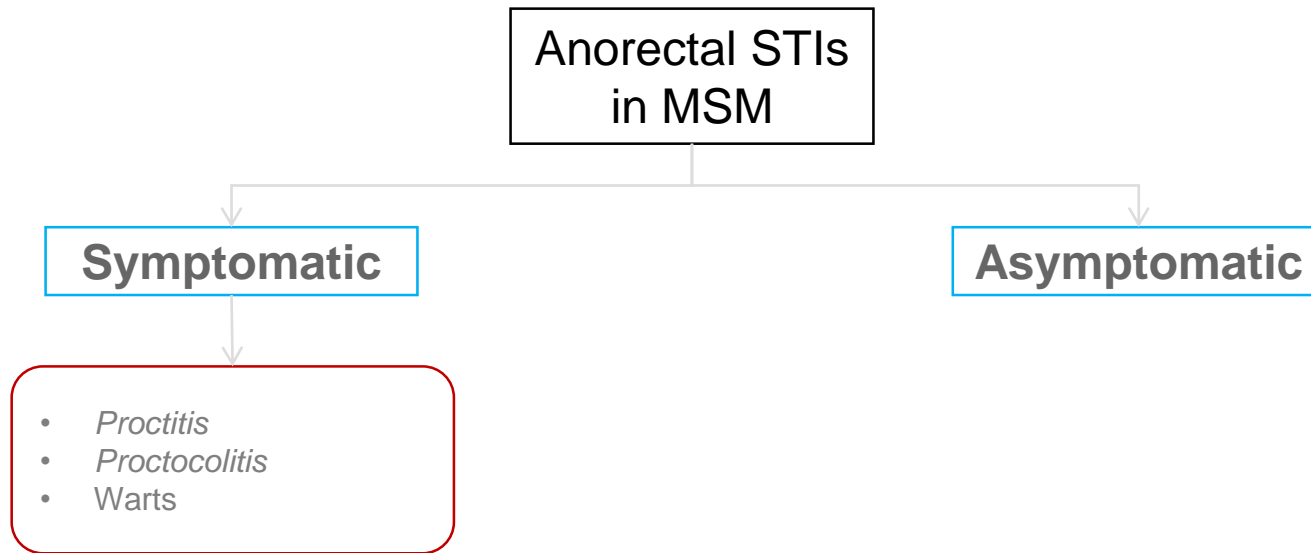
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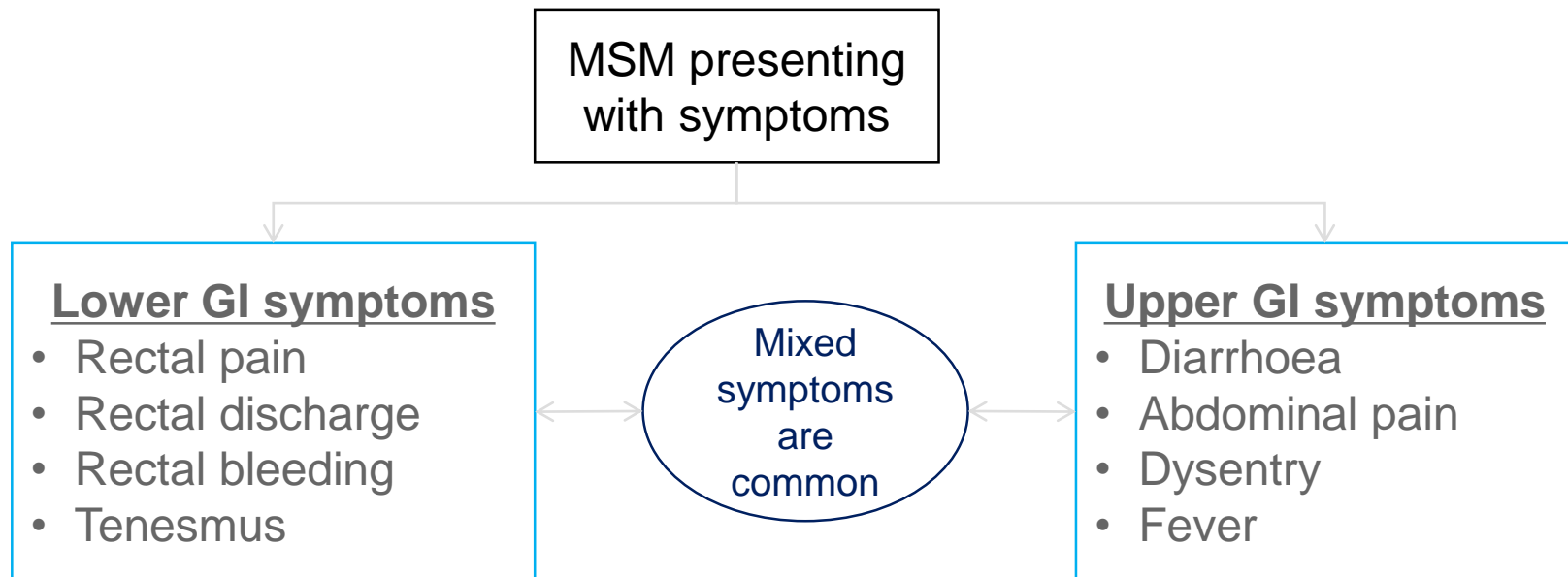
Why are anorectal STIs important?

- **Marker of high risk sexual behaviour**
- **Rising prevalence (along with rising STI incidence worldwide)**
- **Frequently unrecognised**
 - Symptoms attributed to other anal pathologies such as haemorrhoids
- **Usually considered complex in primary care**
- **Mostly asymptomatic**
 - Large reservoir of infection for onward transmission

Presentation of anorectal STIs

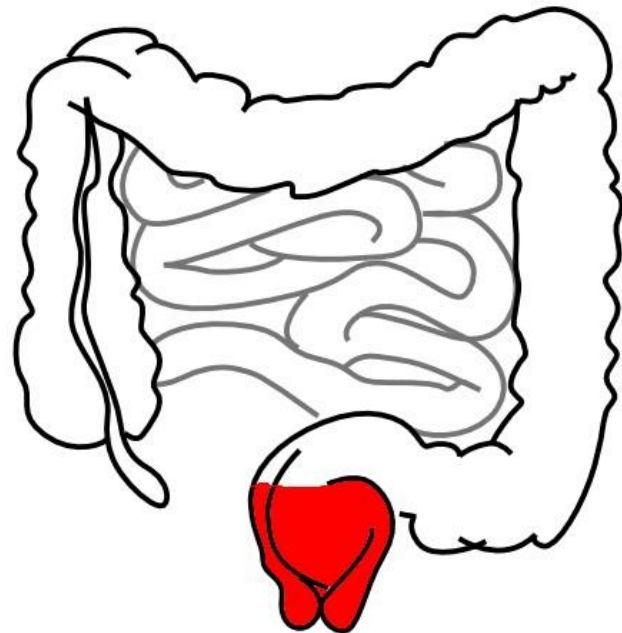


Inflammatory anorectal STI syndromes

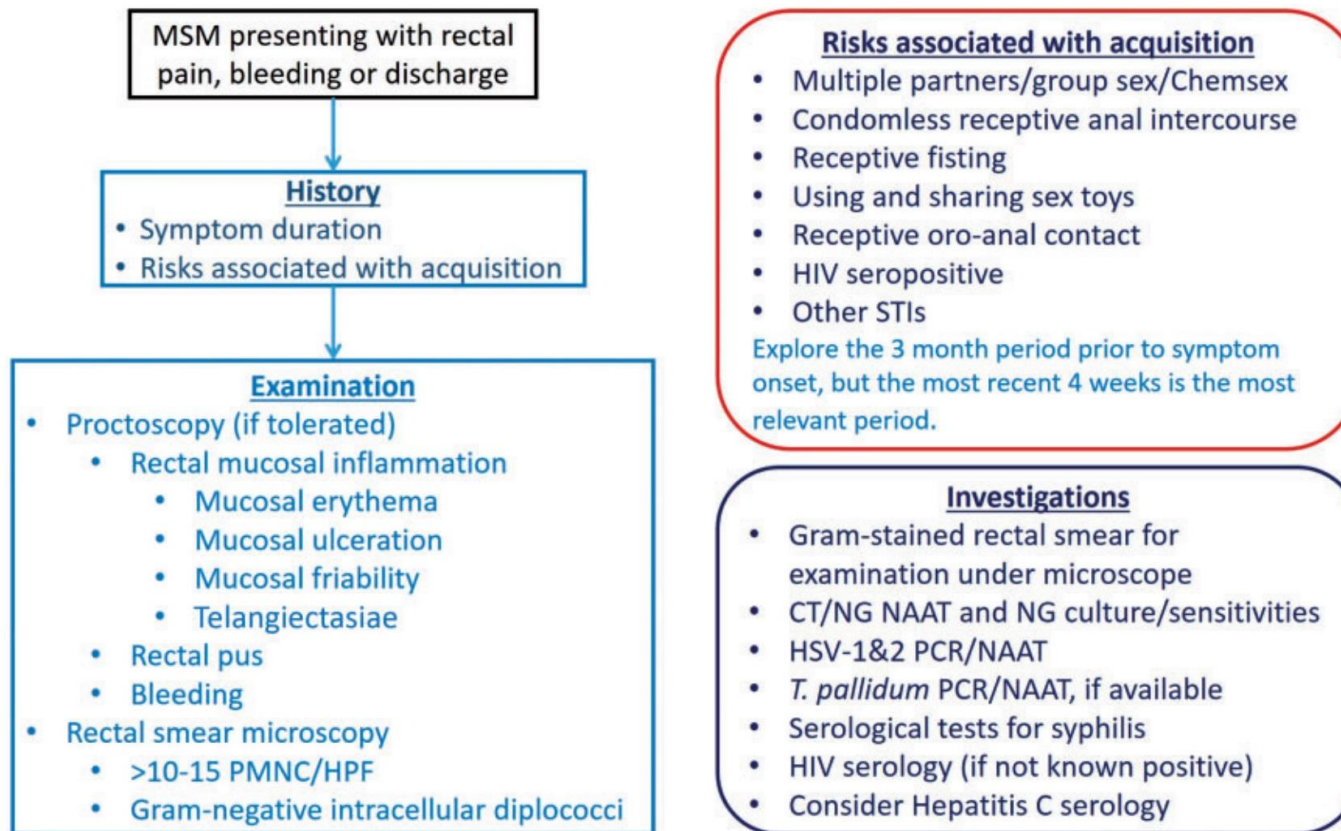


Proctitis

- Inflammation of the rectum
- Symptoms
 - Rectal pain/discomfort
 - Rectal discharge
 - Mucous
 - Purulent
 - Bleeding
 - Tenesmus



Assessment of proctitis



Proctitis: The big 5

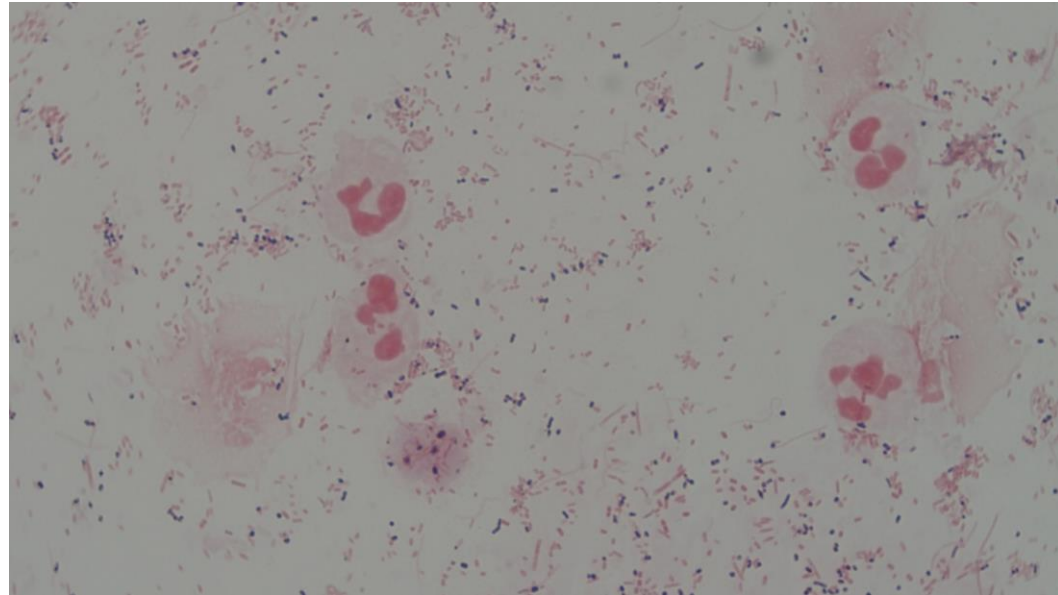


Proctitis: The big 5



Chlamydia trachomatis D-K

- **Most common anorectal STI pathogen**
 - 70-80% asymptomatic
 - Symptoms of proctitis
 - Rectal swab Gram stain
- >10 PMNC/HPF



Chlamydia trachomatis L1-3 (LGV)

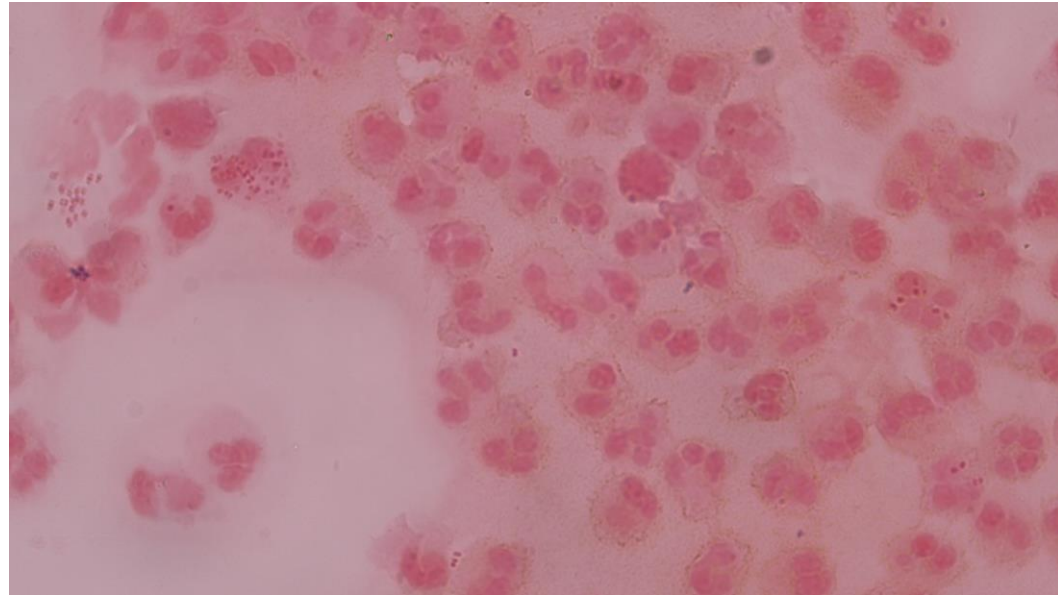
- **L2 most common serovar in Europe and N America**
- **3 stages**
 - Primary
- Ulcer at the point of entry- usually painless
- Proctitis
 - Commonly haemorrhagic
 - Often with proctocolitis
 - Systemic symptoms not uncommon
- Ulcerative pharyngitis

Chlamydia trachomatis L1-3 (LGV)

- **L2 most common serovar in Europe and N America**
- **3 stages**
 - Secondary
- Regional lymphadenopathy with lymph node abscess (bubo)
 - Tertiary
- Pelvic Syndrome
 - Proctitis and proctocolitis with strictures and fistulae resembling Crohn's
 - Erosive granulomas

Neisseria gonorrhoeae

- **Presentation similar to chlamydia**
 - 80-90% asymptomatic
 - Symptoms of proctitis
 - Rectal swab Gram stain
- >10 PMNC/HPF with GNICDC
- Sec. organisms may make identifying diplococci challenging

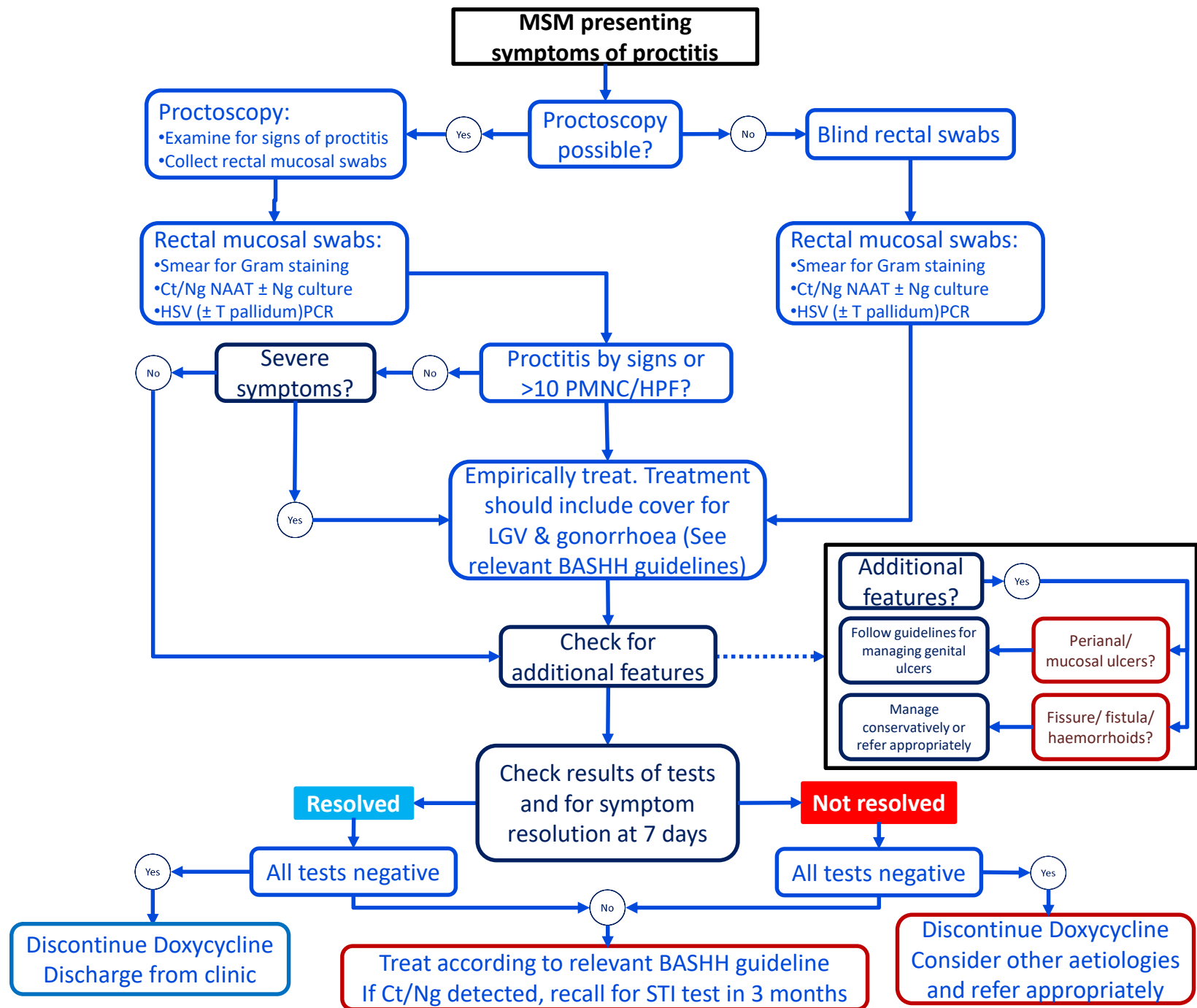


Herpes simplex

- **Can cause ulcerative proctitis**
 - Usually exquisitely painful
 - Could present with bleeding
 - Ulcers or epithelial disruption on proctoscopy

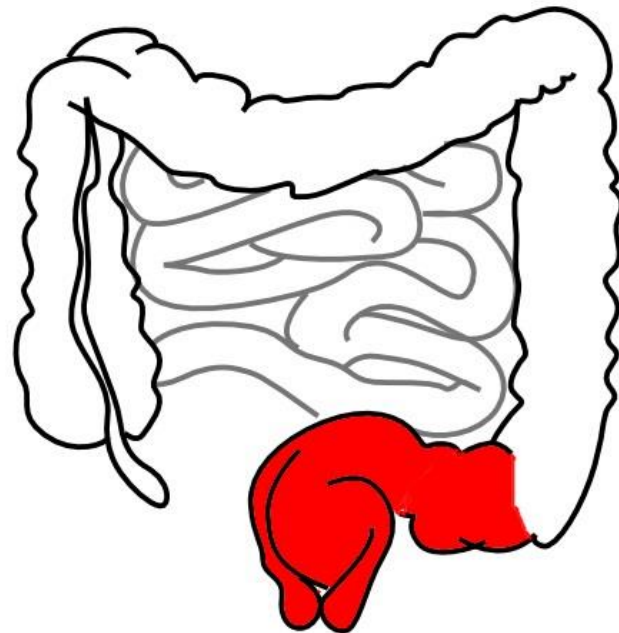
Treponema pallidum

- **Proctitis could be a feature of secondary syphilis**
 - Mucosal snail track ulcers
 - Anal condylomata lata
 - Sometimes incidentally found (*T pallidum* PCR positive)

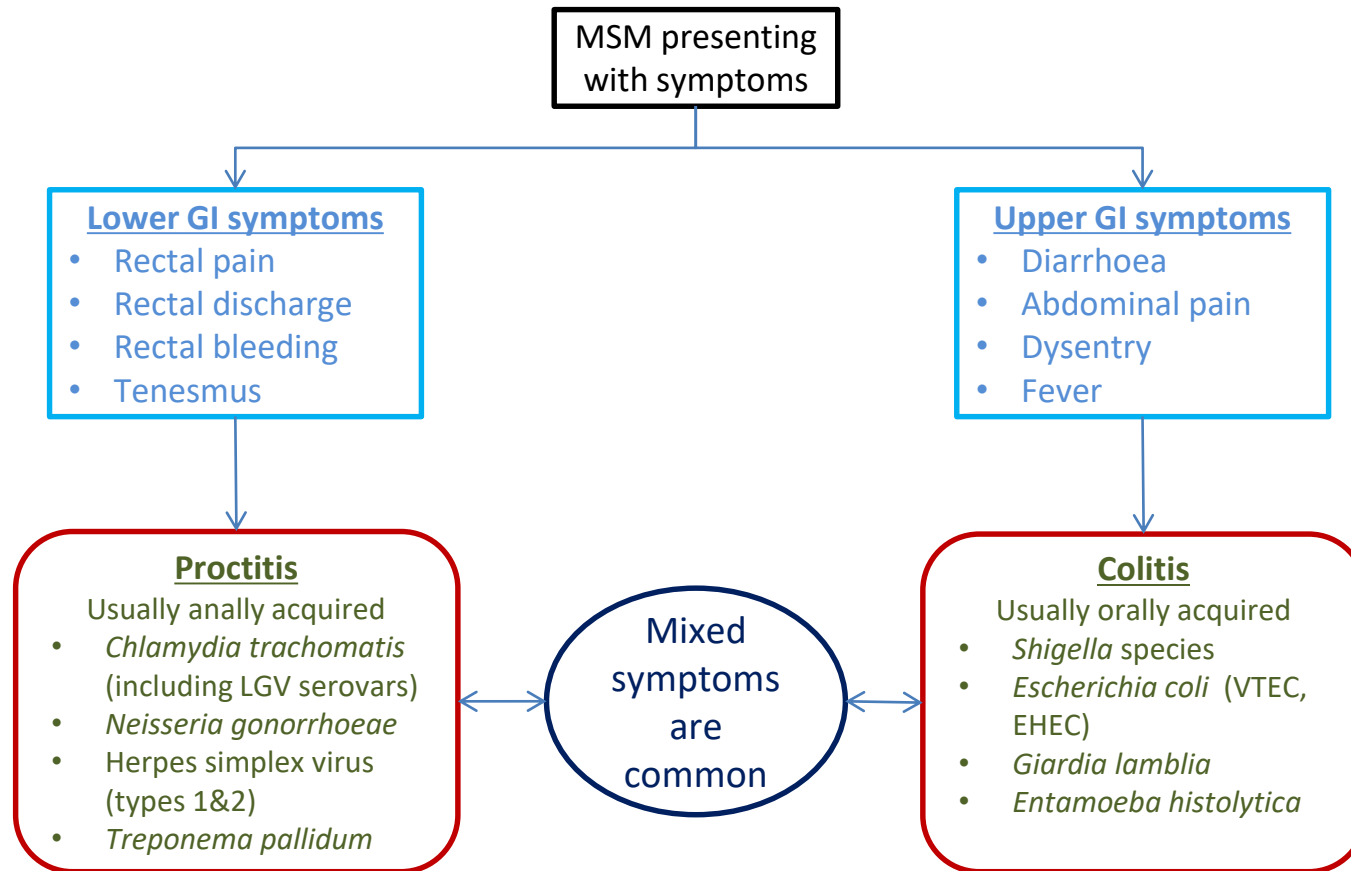


Proctocolitis

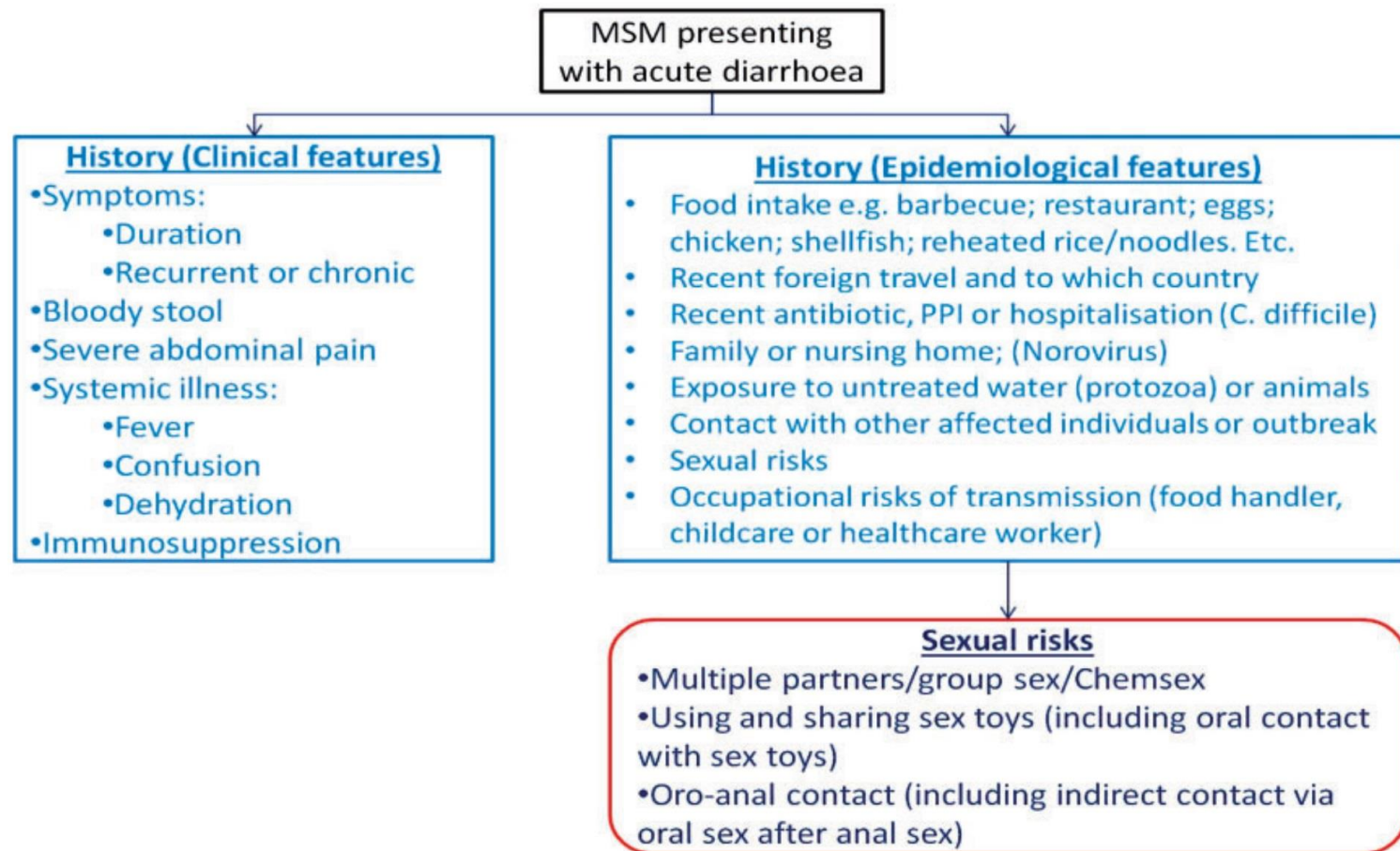
- **Inflammation extending proximal to the rectum**
- **Symptoms**
 - Diarrhoea
 - Dysentry
 - Abdominal pain/discomfort
 - Systemic symptoms
 - +/- symptoms of proctitis
- **Same aetiology, presentation and prognosis as traveller's diarrhoea**
 - Sexually transmissible enteric infections (STEI)



Proctocolitis



Assessment of proctocolitis



Management of proctocolitis

- STEI are self limiting
- Assess for other STIs
- Advice on hydration and hygiene

Warts

- Can occur in the anal canal up to the dentate line
- Can be associated with itching
- Expect fewer presentation in the era of HPV vaccination

Asymptomatic Anorectal STIs

- **Anorectal carriage of pathogens is common**
 - >70% of rectal chlamydia
 - 80-90% of rectal gonorrhoea
 - 16% of LGV
 - *Mycoplasma genitalium* has a similar prevalence to chlamydia
 - Not associated with anorectal symptoms (yet)
 - Significant (and rising) macrolide resistance
 - Testing not widely available
 - Therapeutic options are limited

Any questions?