Low Anterior Resection Syndrome (LARS): Consensus Definition

*New LARS definition:
1) Prior LAR surgery &
2) At least 1 **Symptom** &
3) Resulting in at least 1 of **Consequences**

**Symptoms**
- Variable, unpredictable bowel function
- Altered stool consistency
- Increased stool frequency
- Repeated painful stools

**Consequences**
- Toilet dependence
- Preoccupation with bowel function
- Dissatisfaction with bowels
- Strategies and compromises
- Mental and emotional well-being
- Social and daily activities
- Relationships and intimacy
- Roles, commitments and responsibilities

**Impact on:**
- Mental and emotional well-being
- Social and daily activities
- Relationships and intimacy
- Roles, commitments and responsibilities

*Developed with 99% agreement via Delphi process*