

SPRING NEWSLETTER

1st Sept 2022

SYDNEY WOMEN'S PHYSIOTHERAPY/
PELVIC CONNECTIONS

HOW TO KEEP YOUR BOWELS IN ORDER

With restrictions easing and borders open, many of our patients are taking the exciting leap towards travel again! Travelling and the festive period can present challenges towards keeping our bowels in check, such as constipation. This season's newsletter is all about why it's so important to keep your bowels in check and tips for success!

Why is it important to keep your bowels in order?

- Reduces straining on the toilet
- Improves ability to completely empty our stools
- Reduces pressure on pelvic organ prolapse
- Reduces symptoms of bladder urgency
- Reduces symptoms of stress urinary incontinence
- Improves pelvic pain
- Reduces chances of development of haemorrhoids and/or fissures
- Allows for healing of haemorrhoids and/or fissures

Who is bowel management important for?

- Women
- Men
- Children



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TIPS AND TRICKS

Maintain good fluid and fibre intake

It is easy during the festive/travelling season for our diet to be led astray with all of the yummy foods! While we still want to indulge and enjoy ourselves, do try to have some leafy greens, fruit, legumes and grains in your diet. Fluid intake should also be roughly 24 x your body weight.



Implement good defecation position and technique

Having our feet elevated higher than our knees with our upper body leaning forward is important to open our anorectal angle (you can use a squatty potty, large stool or if you are away place a toilet roll under each foot). Allow your belly to relax out and let go of your pelvic floor. Take your time and breathe!



Keep moving!

Our colonic movement (the movement of our stool down the colon) slows as we slow. So keep moving!

Go when you need to go!

Hold on to wees but don't hold to poos! Go when you need to go. When we get the urge to defecate, our internal anal sphincters (IAS) relax to allow for defecation and our external anal sphincters (EAS) switch on to allow us time to get to the toilet. However, our EAS get tired if we don't go and then our IAS switch back restricting our ability to pass a bowel motion. We have no control over these muscles and cannot forcibly relax them, thus we must wait for the next urge!



Keep Movicol or Osmo-lax handy

If your stools become hard and firm, Movicol or Osmo-lax are a great product to keep water in the stool and soften it right up!

See a pelvic floor physio

If you are still having concerns regarding your ability to pass bowel motions, our team are here to help! Call to book an appointment now.



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