



Continence Clinic

How to Have a Moving Experience

TIMING IS EVERYTHING

Establish a **regular time** for having a bowel movement (BM). Choose a time that is **convenient** to you. When you have the urge to have a BM **do not delay**.

Eating stimulates the bowels. Try having your BM **after a meal**. Many people prefer to have a BM after breakfast. Make sure you allow enough time in the morning to do this. You might need to get up 5 or 10 minutes earlier in order to have a BM before you go to work.

POSITION ON THE TOILET

Always sit on the toilet. Your needs should be higher than your hips. Place a thick book or **footstool** under your feet to raise them. Separate and relax your knees.

Try leaning forward resting your forearms on your thighs. Or some people prefer to sit upright. Experiment to decide which position works best for you.

FILLING THE RECTUM

Before you push your stool out into the toilet, you want to fill your rectum with as much stool as possible. The rectum is your “holding tank”. The more stool in the rectum, the more complete your BM will feel.

Try a few “mini pumps” to push the stool down into the rectum. “Pumps” are short gentle pushes, not quite strong enough to push the stool out.

TECHNIQUE FOR PUMPING AND HAVING A BM

Place 1 hand on your tummy. Make your tummy bulge into your hand and imagine that you are allowing your anus to open wide. Try not to hold your breath. Relax.

Now place your other hand on your waist. Bulge your tummy again and also feel your waist widen into your hand. This is the correct method of pushing for a BM and also for “pumping” the stool into the rectum. The effort to have a BM is greater than the effort for “pumping”.

PUSHING OUT THE STOOL

When you feel that the stool has filled your rectum, then you are ready to push out the stool. Bulge your tummy as described above, allow your anus to open and your waist to widen. You can assist the complete passage of the stool by **pressing your fingers** (of one hand) into the small area of skin between the anus and the vagina. Press up firmly here as you push out the stool. This assists the stool to move out of the rectum with ease, and prevents weakening of your pelvic floor muscles. If you prefer, you can make a small pad of toilet paper and place this between your fingertips and the area where you press.