

Patient Guide

Steps to help you open your bowels



i It is important that you relax throughout this exercise

STEP 1



Take up a relaxed position on the toilet. Make sure you have a footstool (or pile of books) close by to help raise your feet and knees.

STEP 2



Keep your feet flat and your knees higher than your hips. Your feet should be approx shoulder width apart. Relax your shoulders, lean forwards and put your elbows on your knees.

STEP 3



Straighten your back and bulge your abdomen out. Use your stomach muscles to push backwards and down in to your bottom. Without straining too hard, apply gentle but firm pressure as you do this.

Optimal position

1. While maintaining your position you should relax your back passage
2. Squeeze (anus, bottom) inwards gently and then relax downwards
3. Whilst maintaining your position on the toilet, continue to gently increase your abdominal pressure whilst relaxing your back passage as much as possible to help open your bowels

Continue to follow the above steps for up to five minutes, unless you have a bowel movement sooner. If you do not have a bowel movement do not worry you can always try again later.

Remember: It can take lots of practice to get this right so don't give up.

