

Patient Guide

Steps to help you open your bowels

i It is important that you relax throughout this exercise

STEP 1



Take up an upright 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. Straighten your back and bulge your abdomen out.

STEP 3



Take a deep breath in and push downwards into your bottom.

Optimal position

1. While keeping your position you should relax your back passage
2. Take a deep breath in
3. Keeping your position on the toilet, push downwards into your bottom, whilst opening your back passage as much as possible to help you 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.

