



Correct position for bowel motion



- 1, **Knees are bent and higher than your hips** (it may help to use a footstool)
- 2, **Lean forward from the hips with a straight back**, with your hands or elbows resting on your thighs.
- 3, **'Bulge'** your tummy muscles forward as you take a deep breath in and then **'brace'** to make your waist wide . This allows us to relax our pelvic floor.
- 4, **Breath and keep your mouth open**, some people make a noise like the 'moooo' or pretend to blow through a straw, so to fully relax your pelvic floor and prevent straining
- 5, Hand support upward on the vulva can help aid complete emptying (if you have be diagnosed with a prolapse of the rectum)
- 6, Draw up through your back passage and **Relax to finish**