

Bowel Health and Constipation

WHAT IS NORMAL?

Stools should be soft smooth sausage shapes and easy to pass.

Food usually take 1-3 days to pass through the body.

You should be able to tell the difference between *wind, stool & diarrhoea*.

There is a wide range of normal when it comes to frequency from 3 times a day to 3 times a week - KNOW WHAT IS NORMAL FOR YOU.

CONSTIPATION

WHY?

**Low fibre intake, Dehydration, Inactivity, Medication
Delaying and Holding On, Hormones, Stress and Anxiety.**

Impact on your bladder?

It can place pressure on the bladder - making you want to empty sooner. Prolonged straining can stretch and weaken your pelvic floor.

WHAT YOU CAN DO?

If you are constipated *Hydration* is your first point of action. If you are thirsty you are already dehydrated.

We need a minimum of 1300ml of fluid a day for basic physiological function.

Knees above Hips* - Placing your feet on a step places your rectum in a more straightened position, *meaning you aren't trying to poo around a bend!!

***Exhale and Relax* - try not to strain!**

EXPERT ADVICE

If you are still struggling, an assessment with a Pelvic Health Specialist can help identify other causes such as an Overactive Pelvic Floor.