

Normal Bowel Emptying

Normal bowel emptying involves coordination of the abdominal and pelvic floor muscles, colonic activity, comfort and positioning.

It is normal to have control over when your bowel empties. The bowel should evacuate easily, without straining, supporting the vaginal or rectal areas or digitally helping it out. Stools should be soft but formed and easy to pass.

Do not ignore the urge to empty your bowels. The urge to empty usually occurs about 20 minutes after a meal, usually breakfast. Allocate adequate time on the toilet and do not feel rushed.

A well balanced diet and adequate fluid intake become very important in managing your bowels. Small regular meals stimulate bowel activity.

Toilet Positioning:



1. Lean forward from the hips to place your elbows on the knees.
2. Keep your back straight. Do not slump.
3. Place your feet on a footstool or on two supports e.g. Toilet rolls, books or come up on your toes if comfortable.
4. RELAX completely! Allow the tummy to bulge towards the floor. This allows the pelvic floor and sphincter muscles to relax.
5. When pushing, bulge the tummy forward and feel the back passage opening. Hold for 5 seconds. Do not allow the tummy to draw inwards when trying to pass a stool.

www.DebbieCohenPhysio.co.za

M 082 561 1806 T 011 485 3489 F 086 654 6652 E Admin@DebbieCohenPhysio.co.za

8 Kyrhin Street
Rouxville
JHB, 2192

Parklane Clinic
Junction Road
Parktown, 2193

Linksfeld Clinic
126 17th Street
Orange Grove, 2192

PO Box 51004
Raedene
2124