

Steps to help you open your bowels

i It is important that you relax throughout this exercise



Position 1

Take up a semi-squat position on the toilet using a foot stool to rest your feet. Your feet should be kept flat on the stool at all times and should be approximately 30cm apart.



Position 2

Relax your shoulders, lean forwards and rest your elbows on your thighs.



Position 3

Straighten your spine and bulge your abdomen out. Use your stomach muscles to push backwards and down in to your bottom. Try to maintain gentle but firm pressure as you do this. Breathe gently throughout.

Optimal Position

1. While maintaining your position you should relax your back passage.
2. Squeeze inwards gently and then relax downwards
3. Continue to relax downwards 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 takes lots of practice to get this right and it can take several weeks for it to work, so don't give up.