

Bowel and Bladder Emptying Methods

Bowel Emptying Method



- Sit on your 'sit' bones
- Long spine
- Keep your knees higher than your hips (your feet may need to be up on a step stool)
- Relax your pelvic floor muscles
- Regular breathing (do not hold your breath)
- Continue to keep relaxing your pelvic floor muscles

Do not hold your breath and “bear down” or strain. If you feel the urge to “push” or strain to empty your bowel:

- Gently blow out through pursed lips (or blow out against a closed fist - like blowing up a balloon)
- Keep your pelvic floor muscles relaxed
- Try 3-5 gentle exhales through pursed lips or against closed fist
- You should not feel your belly bulge outwards
- Keep pelvic floor muscles relaxed

Do not spend longer than 10 minutes sitting on toilet. If you have not had a bowel movement, dress, walk around for few minutes. See if the urge for bowel movement returns.

If you have a rectocele prolapse, you may try one or both of these methods:

- Press up on the band of tissue between the vagina and anus to reduce the prolapse
- Insert your thumb into the vagina and gently press backwards. This presses on the vagina wall and helps to reduce the prolapse

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Bladder Emptying Method



- Sit on 'sit' bones
- Long spine
- Knees higher than your hips
(feet may need to be up on a step stool)
- Relax your pelvic floor muscles
- Relaxed, regular breathing
- Continue to keep your pelvic floor muscles relaxed

Do not hold your breath and “bear down” or strain. If you feel the urge to “push” or strain to empty your bowel:

- Gently blow out through pursed lips (or blow out against a closed fist - like blowing up a balloon)
- Keep your pelvic floor muscles relaxed
- Try 3-5 gentle exhales through pursed lips or against closed fist
- You should not feel your belly bulge outwards
- Keep pelvic floor muscles relaxed

Double voiding:

If you often experience some urinary dribbling after emptying your bladder or feel as if you have to urinate again a few minutes after you empty your bladder, you may need to double void.

Double voiding means to allow the “first pass” of urine emptying your bladder to complete. Once the urine has stopped, you can:

- Lean forward at the hips,
- Shift side-to-side from one sit bone to the other
- You can stand up and sit down again on the toilet
- Relax your pelvic floor muscles and wait to see if any more urine comes out

This material is for information purposes only. It should not be used in place of medical advice, instruction, or treatment. If you have questions, talk with your doctor or appropriate healthcare provider.