

How to Have a Moving Experience

Timing is everything

- Establish a **regular time** for having a bowel movement (BM). Choose a time that is **convenient** to you.
- **Do not delay** when you have the urge to have a BM.
- Eating stimulates the bowels, especially after a period of fasting. Try having your BM **after a meal**. Many people prefer to have a BM after breakfast. Make sure you allow enough time in the morning to do this. You might need to get up 5 or 10 minutes earlier in order to have a BM before you go to work.
- Sometimes the simple action of taking **5 to 6 slow deep breaths** can help to **relax the pelvic floor** and facilitate bowel emptying.

Position on the toilet

- **Always sit** on the toilet.
- Your knees should be higher than your hips. Place a thick book or **footstool** (squatty potty) under your feet to raise them. Separate your knees and relax your legs.
- **Try leaning forward** resting your forearms on your thighs. Or you might prefer to sit upright.
- Experiment to decide which position works best for you.



Knees higher than hips.
Lean forward and rest forearms on thighs.
Bulge tummy. Straighten back.

Filling the rectum

- Before you push your stool out into the toilet, you want to fill your rectum with as much stool as possible. The rectum is your “holding tank”. The more stool in the rectum, the more complete your BM will feel.
- Try a few “**mini pumps**” to push the stool down into the rectum. “Pumps” are short gentle pushes, not quite strong enough to push the stool out.

Technique for pumping and having a BM

- Place 1 hand on your tummy. Make your tummy bulge into your hand and imagine that you are making your anus wide.
- Try to continue breathing.
- This is the correct method of pushing for a BM and also for “**pumping**” the stool into the rectum. The pushing effort to have a BM is greater than the effort for “pumping”.

Pushing out the stool

- When you feel that the stool has filled your rectum, then you are ready to push out the stool.
- **Bulge your tummy** as described above and allow your anus to open. Hold the breath you have, don’t take a new breath. This technique relaxes and opens the anal sphincter to allow the bowel movement to pass.
- **Press your fingers** into the small area of skin between the anus and the vagina, to ensure complete emptying of stool from the rectum.
- **Press up firmly** here as you push out the stool. This assists the stool to move out of the rectum without overstretching and weakening your pelvic floor muscles.
- If you prefer, you can make a **small pad of toilet paper** and place this between your fingertips and the area where you press.
- **Tighten** your pelvic floor muscles before wiping to reduce the amount of wiping.

When finished

Tighten and relax your pelvic floor muscles a few times.
This helps to restore normal pelvic floor muscle tone.

CHECKLIST FOR A GOOD BM

- ✓ Correct stool consistency
- ✓ Adequate fluid intake
- ✓ Eat breakfast
- ✓ Regular time
- ✓ Heed the call, don't delay!
- ✓ Try tummy massage for 10 minutes if needed
- ✓ Feet on footstool (squatty potty)
- ✓ Knees apart and legs relaxed
- ✓ Breathe and relax your pelvic floor!
- ✓ Pump stool into rectum
- ✓ Press into area between anus and vagina with your fingertips as you push stool out

Didn't work? Relax and rest for 30 to 60 seconds, take a few deep breaths then "pump" again a few times to see if stool will move to rectum.

No luck? Try again later. Perhaps after your next meal.

Success? Hooray!

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