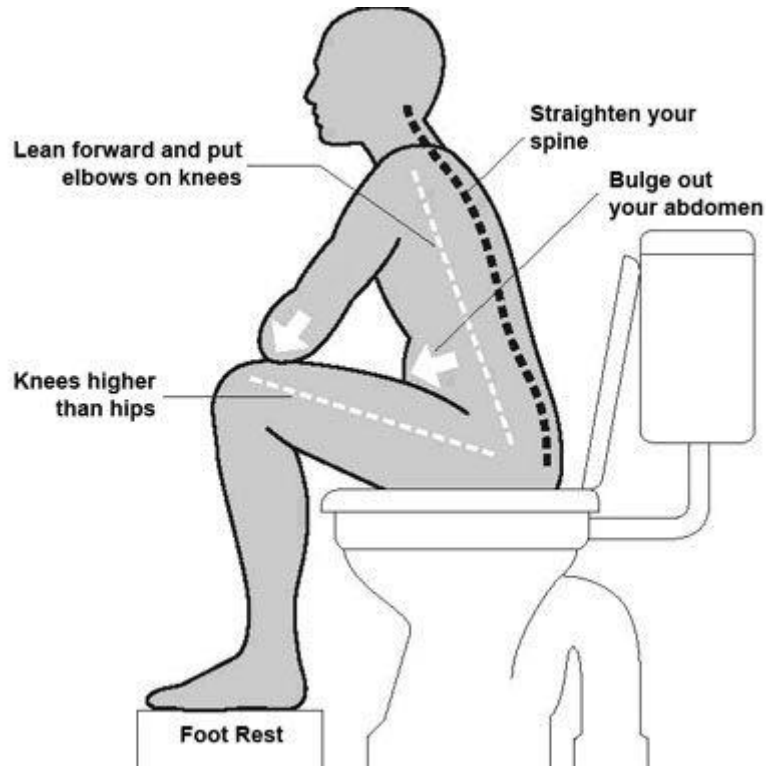


Correct position for bowel motion



1. Make sure that your **knees are bent and are higher than your hips** (it may help to use a footstool/toilet rolls).
2. **Lean forward from the hips**, with your hands or elbows resting on your thighs.
3. **Bulge** your tummy muscles forward as you take a deep breath in and then allow your waist **widen** . This allows us to relax our pelvic floor.
4. Make sure you **breath and keep your mouth open**, some people talk or make a noise like the 'moooo' or pretend to blow through a straw
5. Slowly **relax**, drawing up gently through your back passage to finish.

** You may need to use your hand to support / splint upwards on your vulva region to help pass a poo more easily