

DEFECATION TECHNIQUE



WHATS NORMAL?

Its normal if you:

- Use your bowels 1-3x per day or once every 3 days
- Your stool is soft and easy to pass (type 3-4 on the Bristol stool chart)
- You only take a few minutes to evacuate your bowels

Click the link below for Michelle Kenways 2019 youtube instruction/review on how to empty your bowels properly:

<https://www.youtube.com/watch?v=QDk93cvZAuk>

Or type into google:

'Natural constipation relief in 3 easy steps moo to poo'

INTERESTING TO KNOW

For maintenance of bowel control, your deep pelvic floor muscles (puborectalis) and your external anal sphincter remain gently switched on most of the time. The puborectalis 'kinks' your anal canal whilst the external anal schincter keeps the 'doors shut'.

To empty your bowel easily, and without excessive straining, the pelvic floor muscles need to relax to allow the anal canal to straighten and the anal sphincter to 'open the door'. Sitting in a forward leaning position, with knees just above the hips and allowing the belly to bulge out facilitates pelvic floor muscle relaxation and easy passing of the stool.