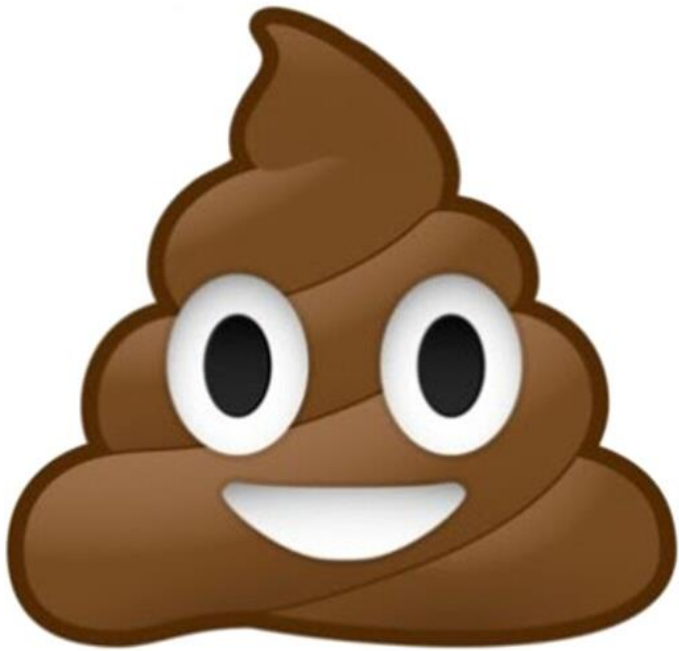


Pelvic Health Physiotherapy in Postnatal Care - Bowel Health



What is Healthy Bowel Function?



- Empties anything between **3 times per day** and **3 times per week**
- A poo should be **easily passed**
 - ✓ without straining
 - ✓ without pain
 - ✓ without blood



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Tips for Healthy Bowels



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- ☐ Eat enough fibre (aim for 30g per day – gradually increase the fibre in your diet)
- ☐ Drink plenty of fluids (1.5 to 2 litres per day – more if breastfeeding)
- ☐ Adapting your position on the toilet can help to avoid straining
- ☐ Some women may initially find it helpful to support the perineum (the area between the vagina and back passage) by applying some pressure with your hand with a clean pad or toilet paper. This can make it more comfortable especially if you have stitches.



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Healthy Bowels | For More Information

- [Tips to Encourage Healthy Bowel Habits](#) *(opens in new window)*
- [Optimal Position for Emptying Your Bowel](#) *(opens in new window)*
- [Fibre Intake](#) *(opens in new window)*

For more information regarding your bowel health please see the
Women's Health physiotherapy page

[Women's Health - Aneurin Bevan University Health Board \(nhs.wales\)](https://nhs.uk)