



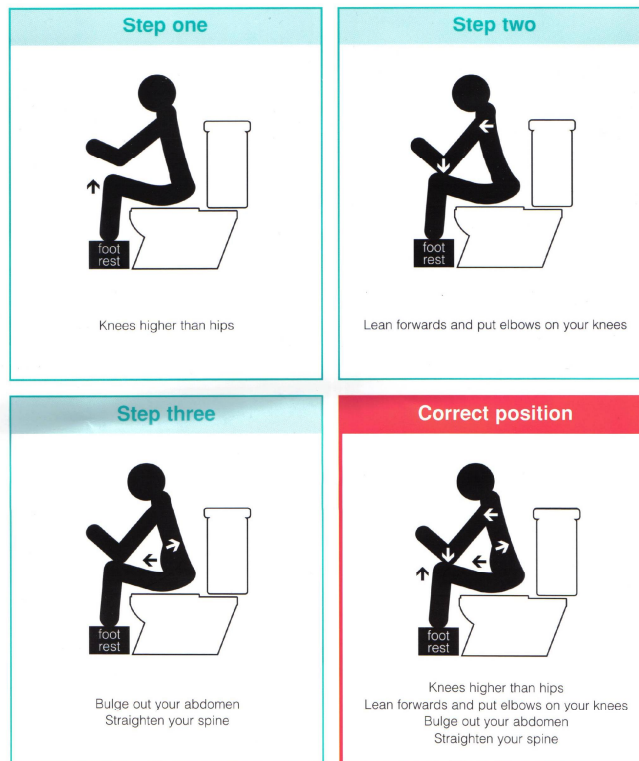
## How to Poo

Positioning your body correctly for emptying your bowel can make things move a lot easier. By putting your body in the right position, your rectum is more upright and straighter which makes it easier for the bowel motion to come out. Pooing should not be painful and should take only a minute or so.

When your rectum fills with stool it happens quite quickly. The stool moves from higher up the bowel and is positioned ready to be expelled. It's best to empty your bowel when you get the urge to. This will often happen after a meal. This helps prevent constipation as the digestive tract can keep things moving along, rather than creating a backlog.

Good pooing technique is very important to mechanically position your rectum so it can empty easily. Sit with your knees higher than your hips, with your feet on a small foot rest. (K Mart, Target and Ikea all have infant step stools which are the perfect height). Lean forwards with your elbows on your knees and relax your abdomen out. Make sure your spine is straight and not slumped. You are basically approximating a squat position – the ideal position to poo in. Let the poo come, don't force it out. Supporting your perineum (the area in front of your anus) can help, especially if you have a prolapse.

### Correct position for opening your bowels



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Wendy Ness, Colorectal Nurse Specialist.

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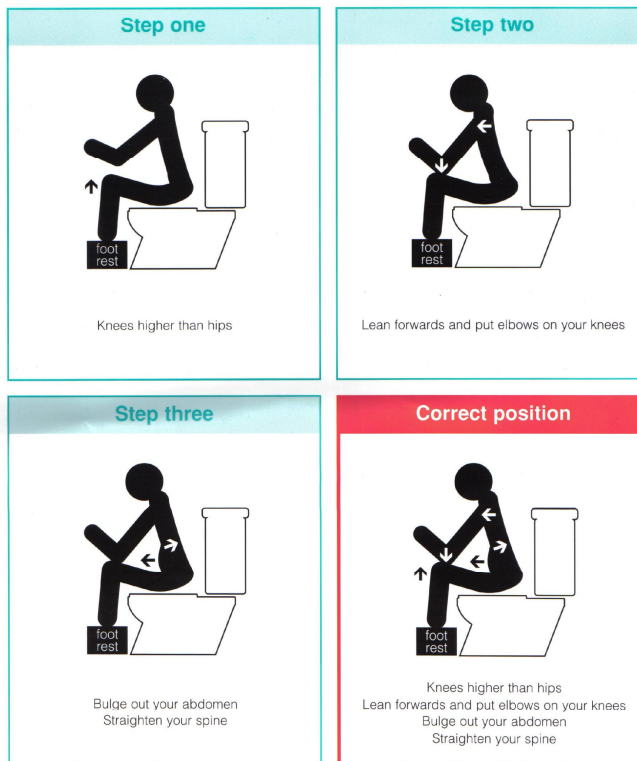
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