



Always by your side

Bowel Incontinence

Discover Essential Insights on
Bowel Health: From Constipation
to Faecal Incontinence

Written in collaboration with
Amanda Savage, one of the UK's
leading pelvic health specialists.
MCSP MSt (Cantab)





“If you leak, your pelvic floor is telling you it needs attention. It is your body’s early warning sign that all is not well - *DON’T IGNORE IT!*”

Hello & welcome

Bowel incontinence, also known as faecal incontinence, is when you have trouble controlling your bowel movements and it is thought that **over 1 in 10 adults** may experience this condition. While it can be distressing and embarrassing, seeking medical advice is important because there are treatments available that can help. Remember, you don't have to put up with it—but it's unlikely to get better on its own!

Everyone's bowel habits vary, but it's typical to go anywhere from three times a day to three times a week. Your bowel function depends on various factors like diet, fluid intake, lifestyle, and age.

Ideally, we should all be able to:

- Recognize the need to go.
- Wait until we reach an appropriate place and time.
- Open our bowels without straining

This eBook is here to inform and empower you to take control of your bowel health. We're sharing tips for good bladder and bowel habits and teaching people how to do pelvic floor exercises correctly. Let's get started on the path to better bowel health together!

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Please note: It is important to see your GP as soon as possible if you experience unexplained rectal bleeding, changes in bowel habits for over three weeks, persistent severe abdominal pain, an unexplained abdominal lump, unexpected weight loss, or symptoms of anaemia. Though these symptoms are often not serious, it's important to get them checked.

It's more common than you think..

Can you believe that worldwide we've got a population the size of Brazil with a **bladder problem** and yet only 1 in 5 people seek help for incontinence. Sadly, it can take 7 years to pluck up courage to speak to someone.

Bladder problems affect <200 million people worldwide



1 in 3 women will suffer a pelvic floor issue in their lifetime



1 in 9 men leak



43% of new mums have incontinence at 3 months post birth



Some key statistics for bowels in particular...

1 in 10 women with bladder leaks will develop bowel leaks too.

Faecal incontinence occurs in about 2 out of 100 children



Among adults in the UK between 7 and 15 out of 100 have faecal incontinence

1 in 3 children and 1 in 7 adults have constipation at any point in time

Risk factors - along with the signs & symptoms

Bowel incontinence can show up differently for everyone. It's often tied to factors like diarrhoea, poor overall health, or damage and weakness in the pelvic floor muscles. It can also be related to stages in life, such as after a tough childbirth or as a symptom of menopause.

Risk factors for faecal incontinence

- Older than 65
- Are not physically active
- Have had gallbladder removed
- Current smoker
- Have a chronic disease
- IBS
- Type 2 diabetes
- Inflammatory bowel disease
- Disease that affects nerves of anus/pelvic floor/rectum

Don't be shy about discussing it – it's a common issue and not something you have to tolerate. There's help out there!

High Risk Groups

- Frail older adults
- Individuals with loose stools or diarrhoea
- Women post-childbirth (especially with third- or fourth-degree obstetric injury)
- Those with neurological or spinal conditions (e.g., spina bifida, stroke, MS, spinal cord injury)
- Individuals with severe cognitive impairment
- People with urinary incontinence
- Those with pelvic organ or rectal prolapse
- Individuals post-colonic resection or anal surgery
- People who have had pelvic radiotherapy
- Individuals with perianal soreness, itching, or pain
- People with learning disabilities

Signs and Symptoms

- You have sudden, uncontrollable urges to defecate.
- You soil yourself without realizing you needed to use the toilet.
- You sometimes leak stool, for instance, when you pass gas.
- It occurs daily or sporadically; an isolated incident when you have diarrhoea is usually not a cause for concern.
- It interferes with your daily activities, such as preventing you from socializing.
- Additional symptoms may include constipation, diarrhoea, flatulence, or bloating.

Source: National Institute for Health and Care Excellence (NICE) Guidelines

Stool consistency

This is very important to prevent leakage. If a stool is too runny it is very difficult for the muscles to make a seal. If the stool becomes very hard and pebble-like it can act as a blockage and then a mucus discharge or faeces can seep around the blockage - giving the impression of a leakage closure problem when in fact the bowel is not emptying well.

To understand what your stools are saying about your health look up **The Bristol Stool Form Scale***. Stools are classified into seven categories from hard, nut like lumps indicating constipation, to a watery liquid which is extreme diarrhoea. The optimum stool is either a cracked or smooth sausage like form.

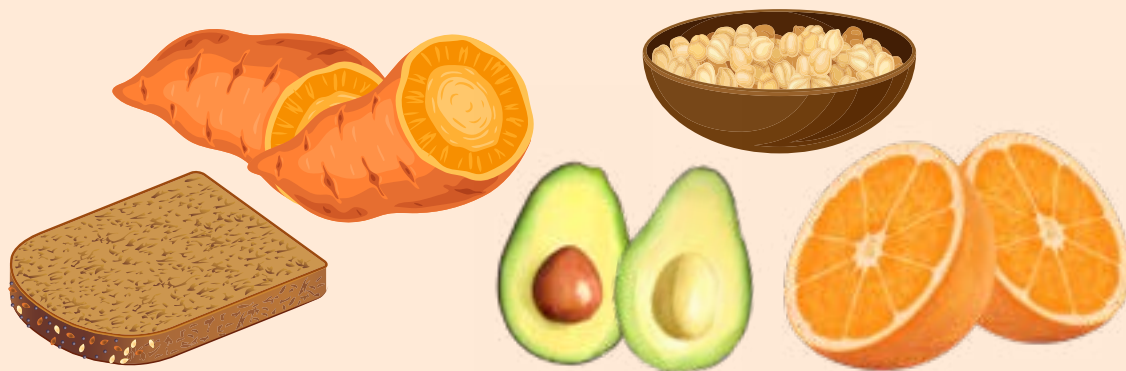
- According to the NHS guidelines fluid intake should be **1.2 - 1.5 litres/day**, and this includes ALL fluids such as tea, coffee, juices, alcohol, smoothies and also soup.
- If you are breastfeeding or doing sweaty exercise you may need an extra glass here & there to replace lost fluid. But unless you sweat profusely or produce gallons of breast milk – this is not nearly as much as you think. Drinks should be evenly spaced at approximately 2 hour intervals with the last proper drink 2 hours before bedtime (ideally non-caffeine), just sips thereafter.



Stool consistency is influenced by what we eat and what we drink.

What does 30 grams of fibre look like?

- Fiber adds bulk and softens stools, promoting regular bowel movements and preventing constipation. It also supports gut health by feeding beneficial bacteria, reducing stool odour, and preventing digestive disorders.
- The recommended daily fibre intake is **30g for adults** and this can be made up of a variety of whole grains, fruit and vegetables, nuts and seeds and also legumes.



Examples of fibre content in common foods

Whole Grains:

- 1 cup of cooked oatmeal: **4 grams**
- 1 slice of whole grain bread: **2 grams**
- 1 cup of cooked quinoa: **5 grams**
- 1 cup of brown rice: **3.5 grams**

Fruits:

- 1 medium apple with skin: **4.4 grams**
- 1 medium pear with skin: **5.5 grams**
- 1 cup of raspberries: **8 grams**
- 1 banana: **3.1 grams**
- 1 orange: **3 grams**

Nuts and Seeds:

- 1 ounce (about 23) almonds: **3.5 grams**
- 2 tablespoons of chia seeds: **10 grams**
- 1 ounce (about 28) pistachios: **3 grams**
- 2 tablespoons of flaxseeds: **5.6 grams**

Vegetables:

- 1 cup of cooked broccoli: **5 grams**
- 1 cup of cooked Brussels sprouts: **4 grams**
- 1 medium sweet potato with skin: **4 grams**
- 1 cup of cooked carrots: **5 grams**
- 1 cup of cooked kale: **2.6 grams**

Legumes:

- 1 cup of cooked lentils: **15.6 grams**
- 1 cup of cooked black beans: **15 grams**
- 1 cup of cooked chickpeas: **12.5 grams**
- 1 cup of cooked split peas: **16.3 grams**

Other High-Fiber Foods:

- 1 medium avocado: **10 grams**
- 1 cup of cooked barley: **6 grams**
- 1 cup of cooked bulgur: **8 grams**
- 1 cup of cooked green peas: **8.8 grams**
- 1 medium artichoke: **10 grams**

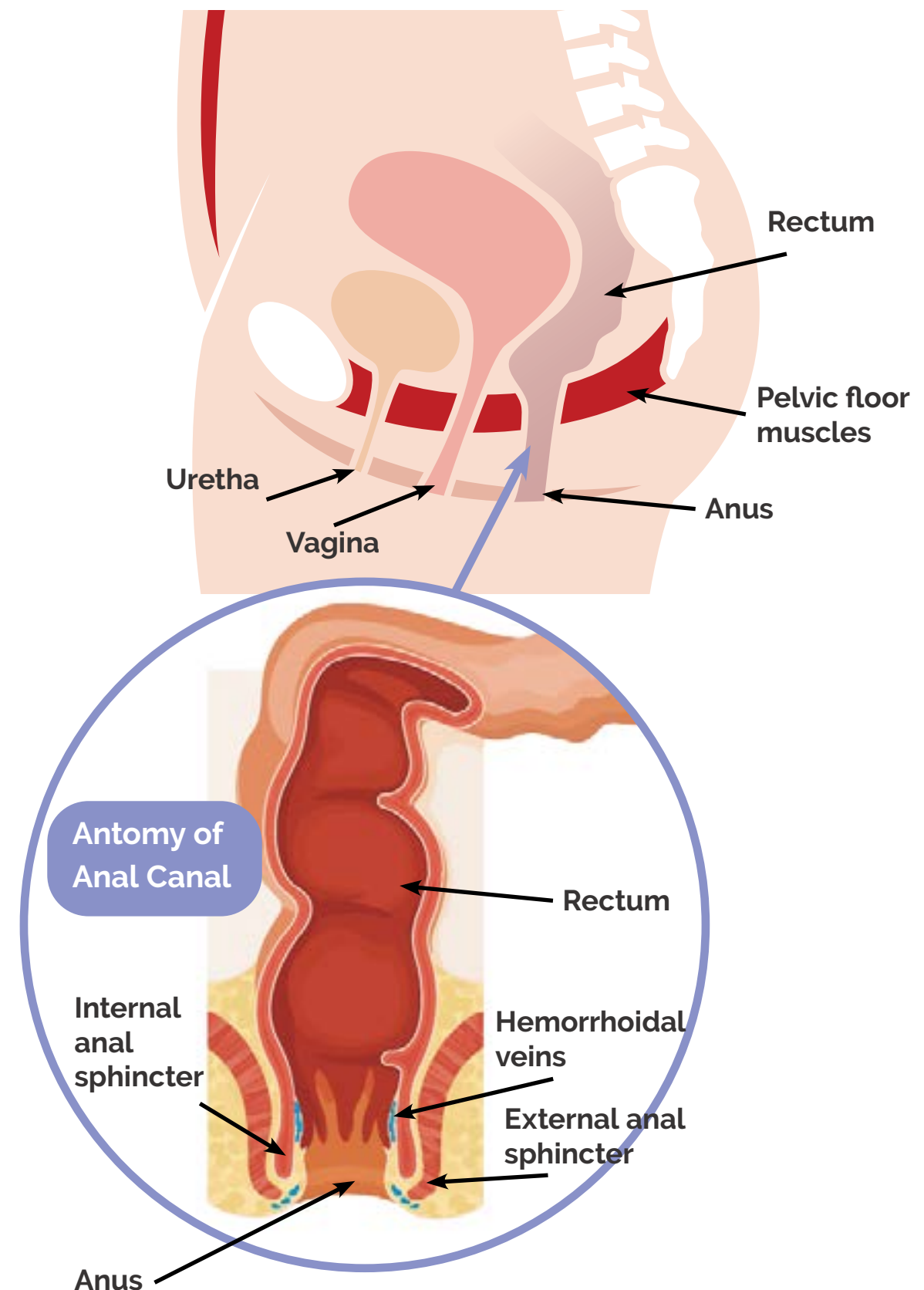
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How does the pelvic floor keep our bowel continent?

The pelvic floor plays a crucial role in maintaining bowel continence.

Here's how it works:

- **Support and Control:** The pelvic floor is a group of muscles that supports the organs in the pelvis, including the bladder, uterus, and rectum. These muscles help control the release of a stool by tightening and relaxing as needed.
- **Sphincter Function:** Within the pelvic floor, there are also two small but very key muscles called the internal and external anal sphincters. These sphincters act like valves, closing tightly to keep stool in the rectum until you are ready to go to the bathroom. When you decide to have a bowel movement, these muscles relax to allow the stool to pass.
- **Coordination with the Brain:** The pelvic floor muscles work in coordination with signals from the brain. When the rectum is full, nerves send a message to the brain indicating the need to defecate. The brain then signals the pelvic floor muscles and sphincters to relax at the appropriate time, allowing for controlled defecation.
- **Maintaining Pressure:** The pelvic floor muscles help maintain intra-abdominal pressure. This pressure is essential for keeping the rectum closed and preventing accidental leakage, especially when you cough, sneeze, or lift heavy objects. By keeping these muscles strong and healthy through exercises and proper care, you can ensure they function effectively to maintain bowel continence and prevent issues like faecal incontinence.



Is my pelvic floor too tight?

Part of the pelvic floor muscle group create a loop (called the puborectalis loop) which makes a kink in the bowel. In essence the pelvic floor has to be “active” to keep us continent but also relax fully to let us empty fully.

Injured, stretched or weakened muscles

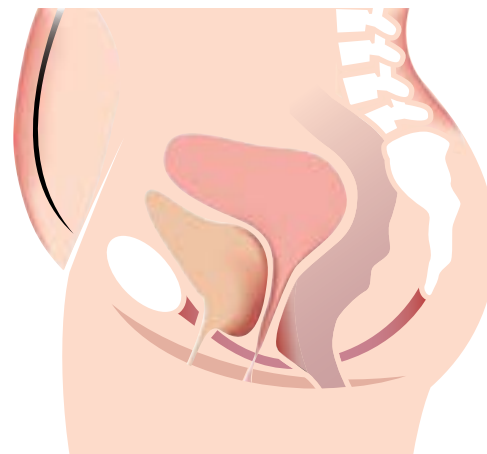
- Faecal incontinence
- Stress urinary incontinence
- Urgency, frequency, nocturia
- Postmicturition Dribble
- Erectile Dysfunction or female sexual dysfunction
- Pelvic Organ Prolapse



Relaxed or stretched pelvic floor creating larger anus opening

Overworking, scarred or “tight” muscles

- Constipation
- Pelvic, anal or vaginal pain
- Urgency frequency nocturia
- Pelvic Organ Prolapse



Relaxed or stretched pelvic floor creating larger anus opening

How do I know if my pelvic floor is too tight or too loose?

Pelvic floor muscles can be too tight from over exercising them or because you are a ‘gripper’. This is a common issue with athletes.

If these muscles are always tight this can lead to problems with leakage as muscles can fatigue, they can cause pain when passing urine or the bladder may not empty properly.

You can experience pain in the vagina, back passage or even pain when you have sex. It is key to not tighten up as you need to let go and this can be a difficult exercise to do.

For more information, watch this video with our expert **Amanda Savage**.



Kegel8
Can You Relax Your Pelvic Floor By Stretching?

3P's of a perfect Poo

This changes your life more than pelvic floor exercises!

P for POSTION

Elevate your knees when you poo. Humans are designed to 'go' in a squatting position, so that the bowels can empty properly. When you sit on a standard toilet your colon is kept partially closed by a muscle called the puborectalis.

The key thing is knees higher than your hips.

This un-kinks the bowel and relaxes the pelvic floor muscles.

- Sit with your feet up on a toddler step or box
- Bottom well back on the seat
- Rest your elbows on your knees
- Untuck your tail bone keeping your back relatively straight
- Let all your body muscles relax, especially your pelvic floor and abdominals



Try a toilet stool such as the [Go Better toilet stool](#) to achieve the perfect squatting position

- You can buy a toilet step designed to create the perfect angle for easy bowel evacuation.
- This squat stool helps with piles, prolapse, and fistula by lifting your knees, reducing strain on your pelvic floor, and minimizing wiping and chafing.
- It's a natural, drug-free way to improve bowel movements and prevent issues like piles and back pain.
- Want to test it out? Prop your feet on a stack of books (7"-8" high) and see if the squatting position works for you. If it does, consider investing in a specially designed, wipe-clean Go Better toilet stool.



P for PATIENCE

Emptying the bowels happens naturally, best left to the body's autopilot. It's not something we consciously control, akin to sneezing—the best ones catch us off guard. To achieve an optimal bowel movement, try an old trick: read. Whether it's a book, magazine, or even the back of a shampoo bottle, distract your analytical mind (cortex) and allow your body's automatic processes to work unhindered. **Be patient;** solid waste requires time to pass, unlike liquids. Recognize this as a quiet, private moment for your body to function smoothly.

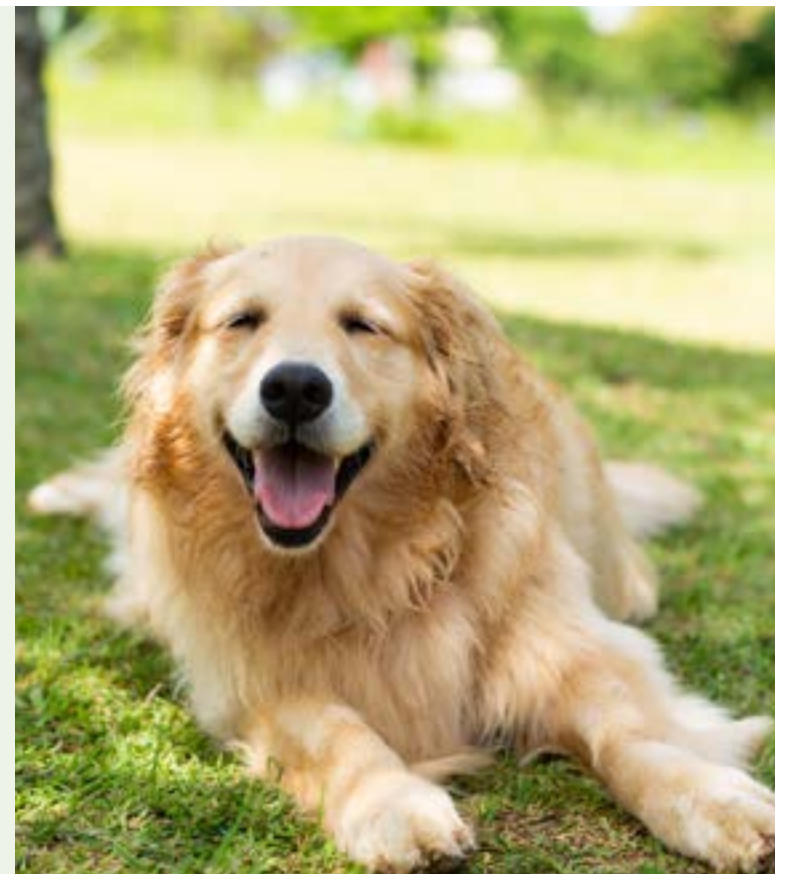


P for PANT (don't push)

The risk of using a traditional "hold-your-breath" push is that it can inadvertently tighten your pelvic floor just as stool is attempting to exit. This can cause it to be partially expelled, leaving much of it trapped in the rectum, commonly known as a "ghost poo" (where you think there's more but can't find it).

Even if you don't feel it, this leftover stool can continue releasing gas, leading to bloating, discomfort from pressure on the rectum walls, and eventually hardening into small, dry pieces.

For a successful bowel movement, instead of holding your breath, **try opening your mouth (which relaxes the pelvic floor) and exhaling with gentle pants or sighs.** This approach allows the stool to pass smoothly as a complete unit with minimal effort and light pressure.



A few extra P's

PATTERN

Bowels love a routine and you can train a **"bowel habit"**. Try to establish a ritual that your body can get used to and lets you empty your bowel regularly before you become constipated.

PRIVACY

Having your bowels open is an intensely private activity. Make sure that you **feel relaxed**.

PAUSE

Now relax, sit back and just **wait a good minute** before you dash off. There could be a bit more. Sometimes there is a pocket of wind which needs to move through and then there can be a 'second wave' of stool that could come out. If you don't wait for this bit and it gets left behind it can act as a 'bung' and become windy or uncomfortable later. Remember to do this for a few weeks and you will get to know your body better and how it is likely to behave.

PROTECT YOUR SKIN

Treat your own bottom just like you do your baby's. **Wipe gently from front to back.** Don't scrub at your skin with dry tissue. Dampen some cotton wool or use a non-alcoholic wet wipe. Wait for your skin to dry and then apply a baby-bottom cream for you too. This helps your skin heal and acts as a thin barrier from rubbing against your underwear.

PLANNING

Have strategies: such as planning routes for travel to facilitate access to public conveniences, carrying a toilet access card Just Can't Wait Card, or buy an inexpensive RADAR key to allow access to 'disabled' toilets in the National Key network. These can be purchased from [The Blue Badge company](#).



Perineal splinting

Perineal splinting is a technique used to aid in bowel movements and alleviate symptoms related to pelvic floor disorders. This method involves applying gentle pressure to the perineum (the area between the vagina and the anus) to support the pelvic organs and facilitate the passage of stool.

How to Perform Perineal Splinting:

1. Technique:

- Use a gloved hand or place a clean tissue or cloth over your perineum.
- Gently press upwards and towards the back passage (rectum) using your fingers.
- Apply steady, gentle pressure during a bowel movement to support the perineum and rectum.

2. Breathing and Relaxation:

- Take deep breaths to help relax your pelvic floor muscles.
- Avoid straining or pushing too hard, as this can exacerbate symptoms.

Benefits of Perineal Splinting:

1. Improves Bowel Movements:

- Helps facilitate the passage of stool, especially if you experience constipation or difficulty with bowel movements.
- Can be particularly useful for individuals with pelvic organ prolapse, as it provides support to the prolapsed organs.

2. Reduces Straining:

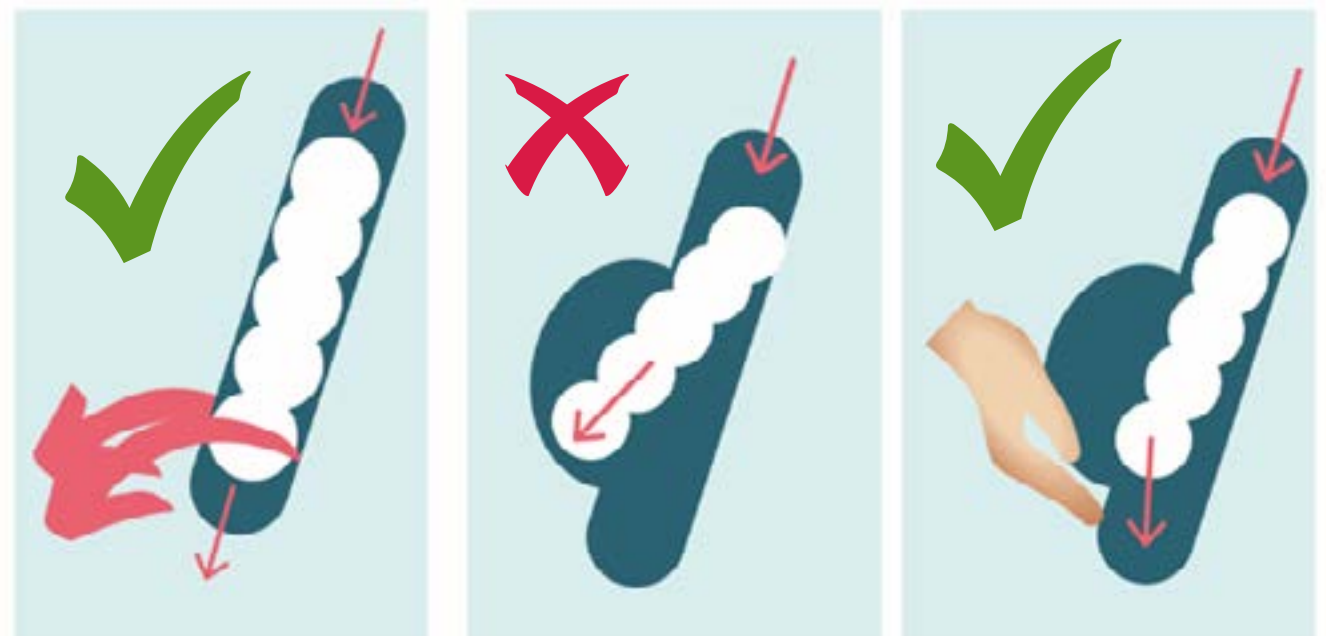
- Decreases the need for excessive straining, which can lead to further pelvic floor damage or exacerbate existing conditions.

3. Alleviates Postnatal Issues:

- Assists new mothers who may experience weakened pelvic floor muscles or perineal discomfort after childbirth.

4. Supports Pelvic Health:

- Provides relief from symptoms associated with pelvic organ prolapse, helping to manage discomfort and improve daily function.



Causes of constipation

Factors that can cause constipation (which you might not realize):

- Codeine (found in many pain medications)
- Weight loss drugs like Ozempic can lead to constipation
- Eggs (binding for some, stimulating for others)
- Bananas (similar effects to eggs)

Constipation is common in post-menopausal women due to declining hormone levels like oestrogen and progesterone and may be worsened by weakened pelvic floor muscles. Regardless of its cause, constipation can often be alleviated through dietary and exercise changes.

Recommended food types

- Fibre supplements, for example bulking agents such as ispaghula husk, methylcellulose, sterculia or unprocessed bran.
- Wholegrain cereals/bread
- Porridge/oats are a soluble fibre
- Fruit and vegetables: Grapes, Rhubarb, Figs, Prunes and Plums best contain natural laxative compounds
- Legumes, Beans, Pulses, Cabbage and Sprouts.
- Citrus (hot water and lemon).

Limited amounts (as can lead to diarrhoea):

- Spices for example chilli
- Chocolate
- Red wine
- Caffeine green tea, hot chocolate
- Macrogols supplement

Recommended exercises

- **Regular Activity:** Aim for 30 minutes of moderate exercise, like walking or cycling, most days.
- **Strength Training:** Build overall muscle strength, including pelvic floor muscles, with resistance exercises.
- **Pelvic Floor:** Do Kegel exercises to improve bowel control.
- **Yoga & Stretching:** Practice poses like Child's Pose to stimulate digestion.
- **Core Work:** Strengthen your core with planks and crunches. These activities can enhance bowel regularity and relieve constipation.



Options to ease constipation

- **Traditional Laxatives** With regular laxative use being linked to dementia and other debilitating conditions, we all know that managing constipation can be difficult
- **Bulking agents**, also known as fibre supplements, can help alleviate constipation by increasing the bulk and moisture content of stool, making it easier to pass. Some commonly used bulking agents are Psyllium Husk, Wheat Dextrin, Guar Gum and Glucomannan.
- Incorporating these bulking agents, along with a diet rich in fibre from fruits, vegetables, whole grains, and legumes, can significantly help manage constipation. It is also essential to drink plenty of water when using bulking agents to prevent dehydration and ensure proper stool formation. Always consult with a healthcare provider before starting any new supplement regimen.
- **Macrogol** is a laxative taken to treat constipation. You can also use it to

help clear a build-up of hard poo in your bowel, which can happen if you've been constipated for a long time (faecal impaction).

- **Flaxseed/linseed** (ground & milled) can be very effective in relieving constipation due to its high fibre content and the presence of omega-3 fatty acids.

Health gurus recommend exercise, probiotics, fibre, and coffee and we want to add our simple toilet step too, check out page 8!

Gut motility

I Love You (ILU) massage

ILU massage targets the colon. The name is for the three shapes that you make with the technique “I” “L” & “U”. Use to help relax and clear the colon if you are suffering with constipation, diarrhoea or irritable bowel syndrome and even when you have no symptoms at all to help the colon function optimally.

Lie on your back, with a pillow for your head and perhaps a couple under your bent knees. Massage with your hand, either in a gentle fist or with a firm palm. If you have no symptoms use a moderate pressure which you can feel but doesn't cause pain. If you are tender or have diarrhoea keep it light.

Techniques to facilitate evacuation (digital anal stimulation)

Did you know mother cats and hedgehogs lick their offsprings bottoms to help stimulate bowel emptying? If you can't "get started" try using a finger to lightly trace 5 small circles around the back passage (anal sphincter). Pause. Then 5 the other way. Keep pausing between sets and after 2-3 sets this can stimulate a natural urge to defaecate.



For more information, watch this video with our expert

Amanda Savage:

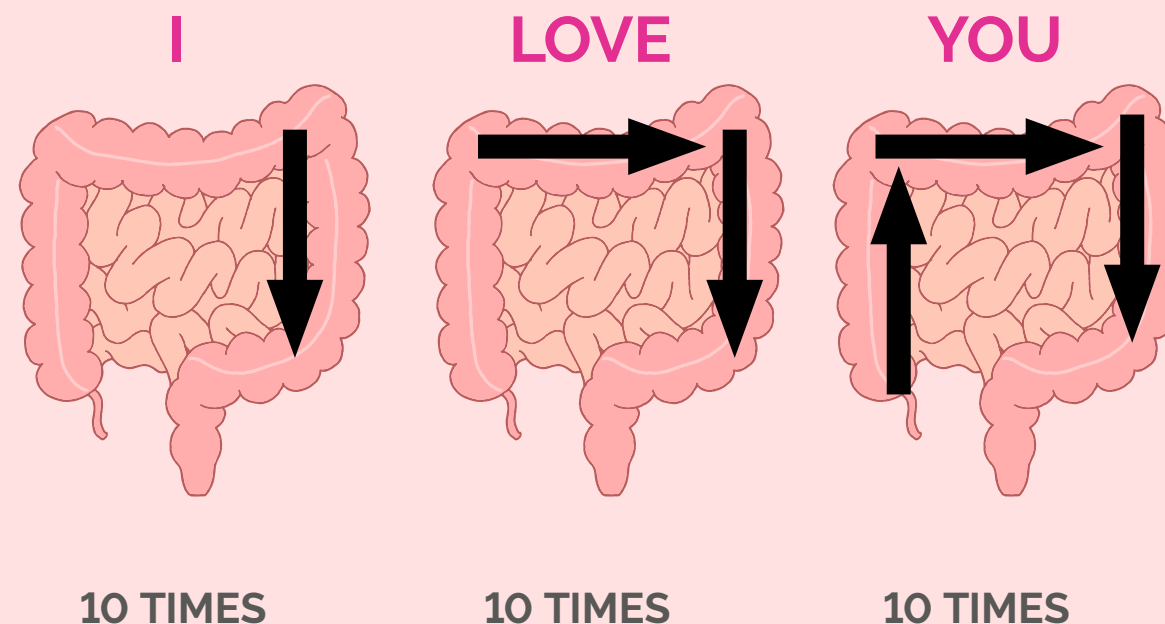
I Love You Massage
Amanda Savage

I - on the left side of the body massage down a line from under your left ribs to your pubic bone imagining the lie of the descending colon. Top to bottom only. 10 times

L - start under the right ribs, massage across to where you started last time then down as before, an upside down L 10 times

U - start at the top of the pubic bone on the right (which is the bottom of the ascending colon), massage upwards to under the ribs then across and down (the L from before) 10 times

Finish with 10 clockwise circles around the belly button to massage the small intestine.



Options to ease faecal incontinence:

Faecal incontinence can be distressing, but there are several treatment options available to help manage and ease the condition:

Dietary Changes:

- Increase fibre intake to bulk up stool and make it easier to control.
- Eggs and bananas are considered 'binding'
- Stay hydrated by drinking plenty of fluids.
- Avoid foods and drinks that can irritate the bowels, such as caffeine, alcohol, and spicy foods.

Medications:

Anti-diarrheal medications can help manage loose stools.
Laxatives or stool softeners may be recommended for constipation-related incontinence.



Food types to avoid

Food Type	Examples/rationales
Fibre	Fibre supplements, for example bulking agents such as ispaghula husk, methylcellulose, sterculia or unprocessed bran. Wholegrain cereals/bread (reduce quantities). Porridge/oats may cause fewer problems than whole wheat-based cereals.
Fruit and vegetables	Rhubarb, figs, prunes and plums best avoided as contain natural laxative compounds. Beans, pulses, cabbage and sprouts. Initially limit to the portion sizes, for example, one apple or 1 tablespoon dried fruit. Space out portions over day.
Spices	For example, chilli.
Artificial sweeteners	May be found in special diabetic products such as chocolate, biscuits, conserves, and in some sugar-free items including many nicotine replacement gums.
Alcohol	Especially stout, beers and ales
Lactose	A few patients may have some degree of lactase deficiency. While small amounts of milk (for example in tea or yoghurt) are often tolerated, an increase in the consumption of milk may cause diarrhoea.
Caffeine	Excessive intake of caffeine may loosen stool and thus increase faecal incontinence (FI) in some predisposed patients.
Vitamin and mineral supplements	Excessive doses of vitamin C, magnesium, phosphorus and/or calcium supplements may increase FI.
Olestra fat substitute	Can cause loose stools.

Pelvic floor exercises for better bowel function

Strengthening & relaxing the pelvic floor muscles through exercises (like Kegels) can improve bowel control.

Find your pelvic floor

Research has shown us that most women can massively improve the strength, tone and skills of their pelvic floor muscles by simply doing pelvic floor exercises (also known as Kegels).

A strong healthy pelvic floor supports your pelvic organs to prevent prolapse, helps closure of the bladder tube to prevent leaks, and helps you control bladder urges. The pelvic floor muscles also have to release to fully empty the bladder and bowel. You need to be able to both contract and relax the muscles for comfortable sex and sexual pleasure.

Kegels

A Kegel is a pelvic floor contraction, achieved by squeezing and lifting the pelvic floor muscles.

Try this; tighten the muscles around your anus and vagina and lift them upwards towards your navel. Imagine you are trying to stop wind or hold in the contents of your bladder. Can you do it?

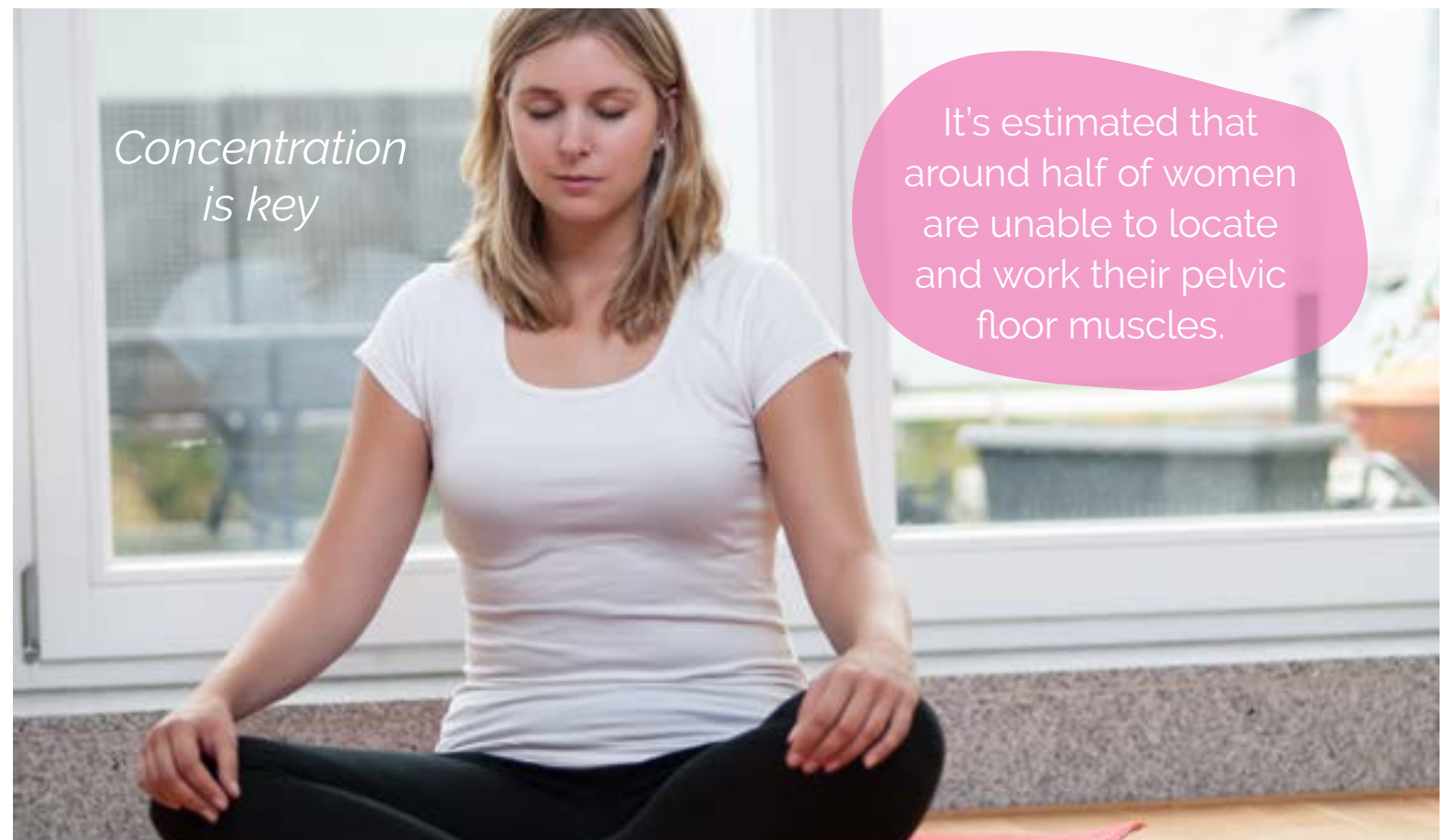
If you find yourself squeezing your legs together, or tensing your buttocks, this is a sign you haven't located the correct muscles, and may need some assistance - see page 17. If you are confident that you've performed a Kegel, then you can start to do them regularly to improve your muscle strength, co-ordination and ability to relax too.

Pilates & yoga

Pilates and yoga are both excellent for the pelvic floor. Not sure where to start? See our pelvic floor exercise playlist on YouTube.



Kegel8®
Pelvic Floor Exercise
Techniques

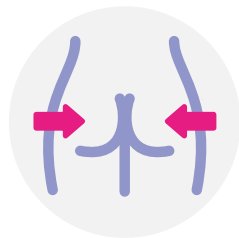


Struggling to squeeze?

Research has shown us that most women can massively improve the strength, tone and skills of their pelvic floor muscles by simply doing regular classic pelvic floor exercises. However, do check that you are doing them correctly & the most up to date way.

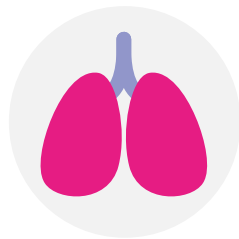
Did you know?

50% of women don't know how to produce an effective pelvic floor contraction. These are the common mistakes...



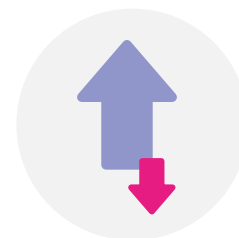
Squeezing your buttocks

It's important to isolate the pelvic floor and not tense other muscles like your glutes or abs.



Remember to breathe...

Always focus on your breathing when Kegeling. You should be able to breathe normally; don't strain or hold your breath!



Lift, don't push

This one is very important: you must squeeze and lift! Pushing down on the muscles is counter-productive as it puts undue pressure on the pelvic floor.

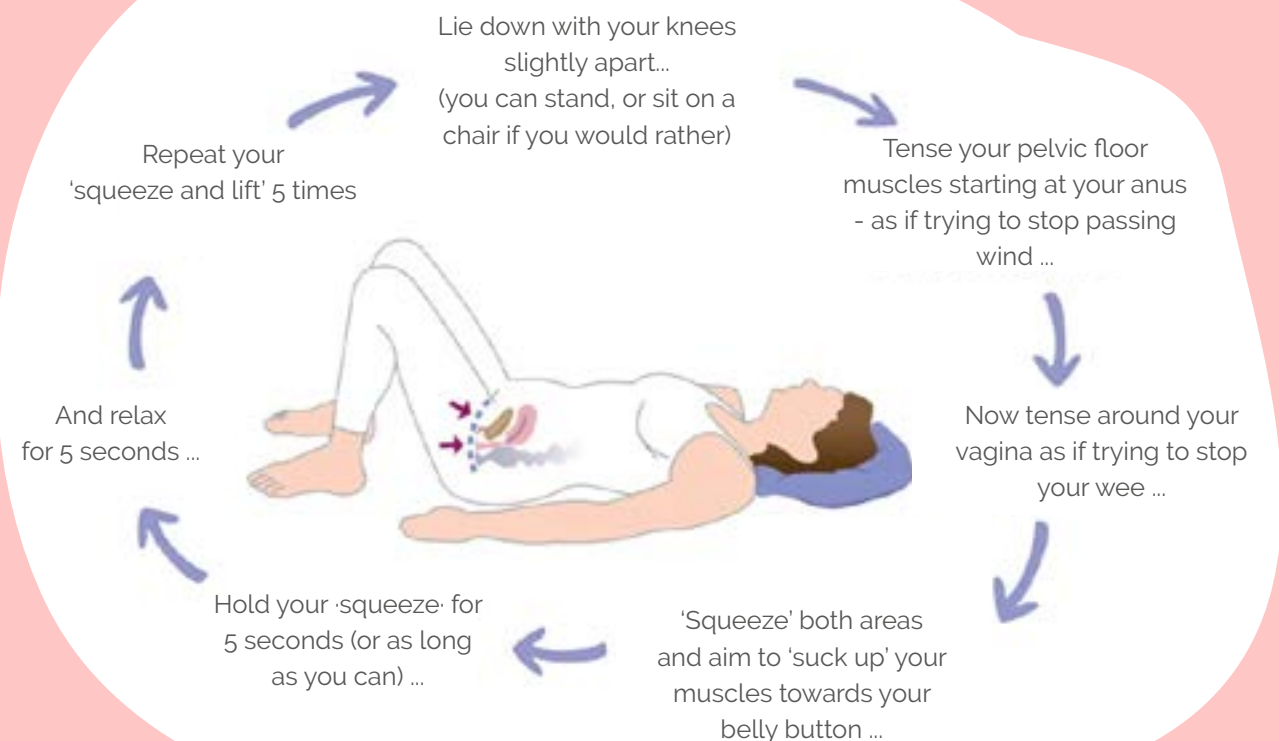


Don't give up!

It takes persistence, practise, and patience to see results but it will be worth it. Make them a part of your daily routine and you'll see results before too long.

Practise holding your contractions

This is a classic first position to start practising. **Please note** you don't have to do this lying down, pelvic floor exercises can be done in any position. It is also important you relax between squeezing and lifting.



Pelvic floor training tips

Make sure you practice both **“quick”** and **“slow”** exercises. There are a few positions which help favour the POSTERIOR part of the pelvic floor (the sphincters and the deeper pelvic floor)

- Sit on your hands or kneel with your bottom on your feet (then you will know if you are accidentally using your glutes as your body will bob up and down!)
- Standing, turn your toes out to focus on the back part of the pelvic floor, turn your toes in to change the focus more towards the front



Learn how to feel your pelvic floor

Need a quick win with improving bladder leakage? The Knack is the magical art of drawing up your pelvic floor muscles just before you cough, sneeze, laugh or pick up something heavy. It is during these times that your pelvic floor muscles are put under sudden pressure and are forced to quickly react to save you from embarrassment. Research has confirmed it works to stop urine leakage.

Kegel8® Have You Got The Knack?



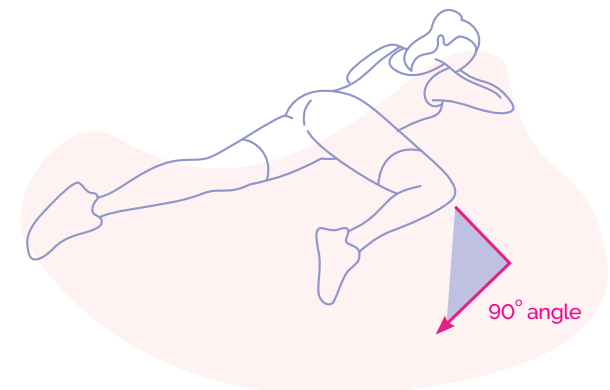
Watch Physiotherapist, Amanda Savage, speak to Kegel8 Founder and Managing Director, **Stephanie Taylor**, explaining The Knack technique.



Try this position

Here's another great position do your pelvic floor exercises. Lying like this will help isolate the pelvic floor muscles and prevent you from squeezing your buttocks or tensing your abdominal muscles;

Lie on your stomach, resting your head on your hands with your legs out straight. Then bring one leg out to the side, bending your knee to a 90 degree angle. Simple! With this pose you should really feel the focus on your pelvic floor muscles.



Need more help? Kegel8 Ultra 20 could be the answer

If you've never exercised your pelvic floor muscles before, you may find it hard to locate and exercise the muscles correctly. If you think that you don't feel any benefit from doing Kegel exercises, it could be that you're also exercising the muscles incorrectly, as **50%** of women do. In these cases, the best option would be to use an electronic pelvic toner to increase the strength of your pelvic floor.

The Kegel8 Ultra 20 Electronic Pelvic Toner sends electrical impulses to the nerves & muscles of the pelvic floor. These impulses stimulate a contraction within your pelvic floor, building your muscle strength and toning the area.

An electronic pelvic toner stimulates 90% of pelvic floor muscles, compared to 40% with traditional exercises.



[Shop Kegel8 Ultra 20 >](#)



You can use a probe or electrodes, whichever suits you better.

[Shop Kegel8 accessories >](#)

If you don't need to use electronic stimulation and you can already contract your pelvic floor muscles correctly, the next step is to practise doing your exercises independently, which nurtures the mind-muscle connection further. But you need to do them regularly & effectively.

Our **Kegel8® Biofeedback trainer** can be helpful for you to check that you are doing your exercises correctly, especially if you need to focus on relaxing fully between contractions.



The Kegel8 Biofeedback shows you what you are doing with your muscles when you contract them independently. The soft, air-filled vaginal probe connects to the small handheld monitor. With each Kegel, you squeeze the probe and the monitor displays the strength of your squeeze on a scale of 1 to 6.

[Shop Kegel8 Biofeedback >](#)

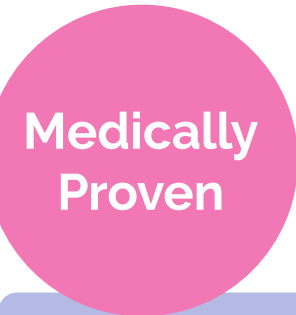
Kegel8 *Always by your side*

Kegel8® Ultra 20 pelvic toner

If you are struggling to locate your pelvic floor and exercise it independently, we recommend the Ultra 20 Electronic Pelvic Toner. This uses Neuromuscular Electronic Stimulation (NMES), painless electronic currents to exercise your pelvic floor. You can either use a probe, which is inserted a few centimetres internally and delivers the NMES directly to the pelvic floor muscles, or electrode pads on your skin to stimulate the nerves that are connected to your pelvic floor muscles.

It accurately locates your pelvic floor muscles and exercises them for you. The “smile” feature shows you in real time when your pelvic floor muscles are in work and rest mode.

Use the Ultra 20 to get your pelvic floor into shape, and then to maintain good pelvic floor strength and support for your pelvic organs,



Most women notice results with the Ultra 20 after only 4 weeks

★★★★★ Trustpilot

“I noticed the difference much quicker than I expected. Although you can exercise with a toner via the vagina, I used an anal probe to target the sphincter more intensely. Despite my initial reservations, it was perfectly fine. I started with the short 10-minute program and gradually built up the time. It's such a relief to finally have some control over my bowel movements! I feel like I can enjoy life again.”



Potential benefits & drawbacks of other medical approaches

Colonic Irrigation or Colon Hydrotherapy

This treatment offers potential benefits such as relief from constipation, improved digestion, and a feeling of increased energy and detoxification. It can also help in managing symptoms of irritable bowel syndrome (IBS) and provide a sense of overall well-being.

However, there are significant disadvantages and risks associated with the traditional full procedure. These include the risk of infection from improperly sterilized equipment, electrolyte imbalance, bowel perforation, and disruption of the natural gut flora. Additionally, it can cause cramping, discomfort, and nausea, and may lead to dependency.

The procedure can be costly and there is limited scientific evidence to support its long-term efficacy. It is essential to consult with a healthcare provider before undergoing colonic irrigation to carefully consider the potential benefits and risks.

Note: There are also less invasive rectal irrigation devices which a continence or practice nurse or physio can advise about (see Qufora Mini-irresedo) – so do seek professional advice about these methods if it interests you.

Ozempic (semaglutide)

(for managing type 2 diabetes and aiding weight loss)

Ozempic can offer several benefits for pelvic floor health, particularly through significant weight loss, which reduces pressure on pelvic floor structures and potentially alleviates symptoms such as urinary incontinence and pelvic organ prolapse. Enhanced physical mobility and stamina from weight loss also make it easier to engage in beneficial pelvic floor exercises. Additionally, better blood sugar control helps maintain nerve function, crucial for pelvic floor muscle control, especially in diabetic patients.

However, there are potential negatives, including the risk of muscle mass reduction during weight loss, which may weaken pelvic floor muscles and increase the risk of pelvic floor disorders. Gastrointestinal side effects like constipation, nausea, and vomiting can strain pelvic floor muscles, exacerbating pelvic floor dysfunction. While Ozempic's benefits in reducing cardiovascular risks and aiding weight loss are well-documented, further research is needed to understand its long-term effects on muscle tissue, including the pelvic floor.

People should adopt an individualized approach by consulting healthcare providers to balance metabolic health needs and pelvic floor conditions and incorporating pelvic floor exercises with guidance from a physiotherapist to mitigate potential negative effects.

Other aids to support incontinence

Other aids to support incontinence include absorbent pads and underwear, which help manage leaks discreetly. Waterproof mattress protectors can safeguard bedding, while bedpans and urinals assist those with limited mobility. Skin care products, like barrier creams, prevent irritation from moisture.

Find out more: www.kegel8.co.uk

NICE guidelines recommend

People with faecal incontinence should be offered:

- Disposable body-worn pads in a choice of styles and designs and disposable bed pads if needed
- Pads in quantities sufficient for the individual's continence needs – it is inappropriate to limit the number of pads given
- Anal plugs (for people who can tolerate them)
- Skin-care advice that covers both cleansing and barrier products
- Advice on odour control and laundry needs
- Disposable gloves.



SELFCheck Bowel Health Test

Early Detection: Identifies blood in stool to catch polyps early. Test privately at home. Ideal for all, especially those 40+ Simple steps with results in five minutes for proactive health management.

[Shop SELFCheck >](#)



Attends F6 Faecal Pads For Incontinence

Comfortable and discreet fit. Leakage barriers for improved containment & waterproof back sheet.

[Shop Attends >](#)



Osalis Water proof mattress protectors

Innovative waterproof layer protects your mattress from night-time leaks. Soft, natural & hypoallergenic.

[Shop Osalis >](#)



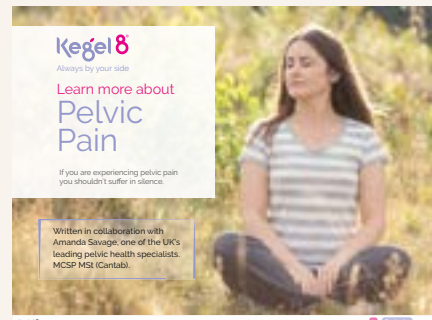
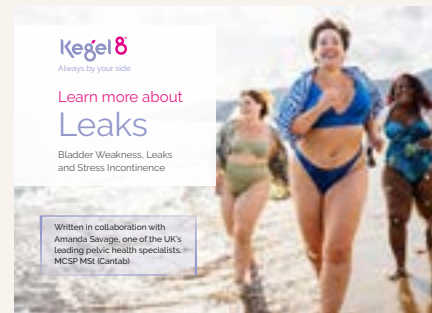
SRC Support Shorts

Activates & strengthens pelvic floor muscles, 70% of women recorded an improvement in incontinence. Sweat wicking, breathable fabric for maximum comfort whether day or night.

[Shop SRC garments >](#)

We hope you've enjoyed this eBook

We have more free ebooks to download from our website. **Empower & educate yourself.**



Further reading at [Kegel8.co.uk](https://www.Kegel8.co.uk)

We're here to help!

If you have questions or simply need some advice, please get in touch and our advisors will be on hand to help.

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Our opening hours are:

8am-4pm Monday to Friday*

*Closed bank holidays

Thinking about buying?

We want to help you make sure you have the right device for your individual needs and that you can achieve results that last.

Book a call with us below:

Book now >

A thank you to Amanda Savage at ProPelvic for the use of her images and video.

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