

Patient information factsheet

Bulge and brace technique

This factsheet explains the bulge and brace technique. This is a method recommended to help you open your bowels (poo) more effectively.

If you have any questions or would like more information, please speak to a member of your healthcare team or your GI physiotherapist.



The brace position

1. Knees higher than hips
2. Lean forward and put your elbows on your knees
3. Relax your shoulders
4. Bulge out your abdomen

How to do it

1. Sitting on the toilet, lean forwards with your forearms resting on your thighs and raise your feet eight to ten inches off of the floor. You could use a footstool or place two or three books under each foot.
2. Relax and lower your shoulders. Breathe slowly, regularly and gently - do not hold your breath as this will encourage you to strain. Try to stay as relaxed as you can.
3. Try and 'brace' your abdominal (tummy) muscles. This is best done by placing your hands on your waist. Expand your waist and feel your hands being pushed out sideways.
4. Concentrate on relaxing your anus to allow the stool (poo) to pass. Only push down from above when once your anus is relaxed.
5. Relax very slightly for one second, maintaining pressure but without the push. Then brace outwards and push down again.

Repeat steps one to five, being careful to relax and use the correct technique.

Things to remember

It's really important not to strain as excessive straining used the wrong muscles and does not help the process.

Do not spend too long in the toilet. If you are not making progress, try again the next day.

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Contact us

If you have any questions or would like to talk to a member of the team please contact us on **023 8120 4132**.

Useful links

Bladder and bowel foundation

Helpline: **0845 345 0165**

www.bladderandbowelfoundation.org

Further information

If you have any further questions after reading this factsheet, please contact the GI team on the number below, or speak to a member of your healthcare team.

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