

Perianal Pressure/Splinting

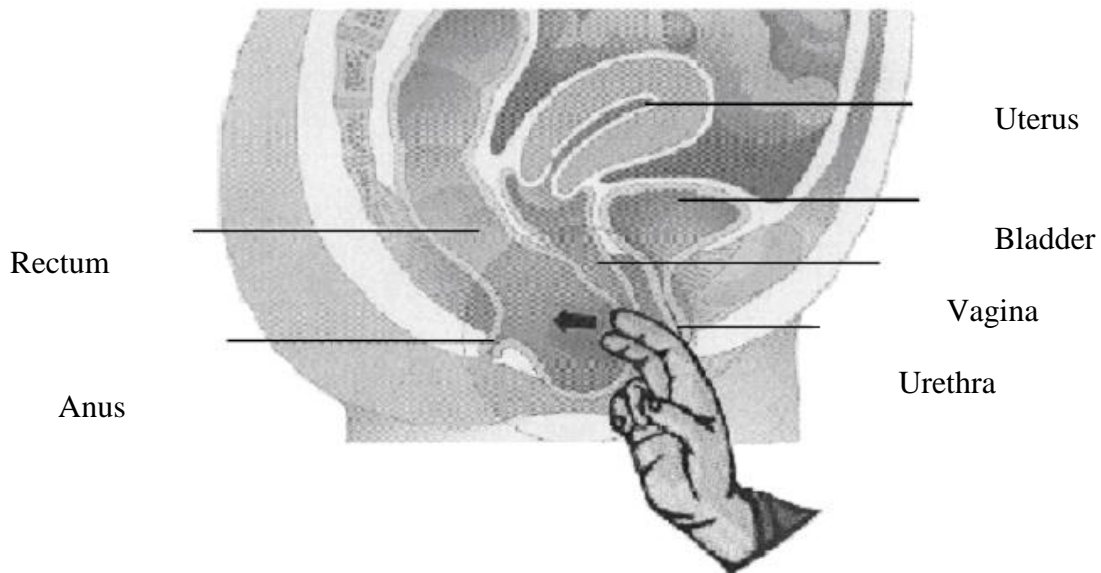
Sometimes it is difficult to have a bowel movement without straining. Straining to have a bowel movement can cause problems with weakening of the pelvic floor, causing rectoceles, pelvic organ prolapses and hemorrhoids. Perianal Pressure/Splinting is a way to help move the stool out of the anal canal when you have a rectocele.

Supplies Needed:

- KY Jelly (optional)
- Gloves (optional)
- A tampon or finger

Procedure:

Lubricate your finger (1 or 2 fingers) or tampon (optional), insert into your vagina, and press back against the anus. This should help push the stool in your anal canal out.



Disclaimer: This document is for informational purposes only and it not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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Michigan Bowel Control Program
Perianal Pressure/Splinting