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.