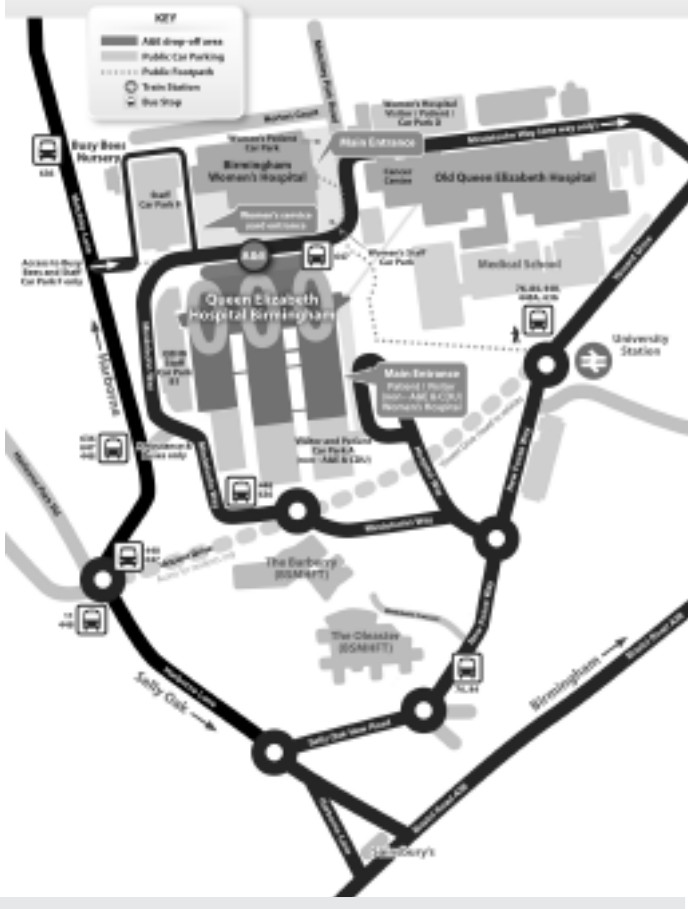




The “ *Holding* ” on Programme



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The “Holding” on Programme

Currently when you need to have your bowels open you find that you have to rush to the toilet. Your rectum (where you store the stool), your sphincter muscles and your confidence need retraining to help you overcome this problem.

Next time when you need to have your bowels open:

1. Sit on the toilet and hold on for 1 minute before opening your bowels. Do not forget to take a watch/clock in with you! Gradually increase this to 5 minutes.

Do not worry if you’re not able to do this for the first few times but keep practicing.

2. When you have mastered this, repeat the above but hold on for 10 minutes before opening your bowels. It may be helpful to take something to read with you. This stage is harder but remember you are on the toilet and therefore “safe”.
3. Once you are able to delay opening your bowels for 10 minutes whilst on the toilet you should now gradually move further away from the toilet. Therefore the next stage is when you want to open your bowels to sit near the toilet either on the edge of the bath or on a chair inside or just outside the toilet area. Now hold on for 5 minutes. Once you are able to do this, repeat the exercise increasing to 10 minutes.

4. When you are able to delay opening your bowels for 10 minutes whilst off the toilet you should now gradually move further away. Maybe sitting on the bed in your bedroom. As your muscles are now becoming stronger you should be able to hold on for 10 minutes and as you feel more confident, increase the distance between you and the toilet.

Gradually you will find that you can increase the distance and the time away from the toilet. This may take some time to master but obviously the more practice you have at both your sphincter exercises and this programme it will happen sooner rather than later.