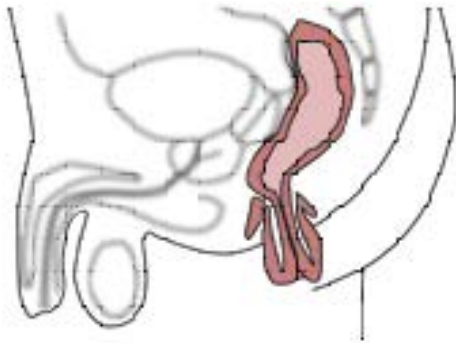


How to Reduce Your Rectal Prolapse

Rectal Prolapse happens when part or the entire rectum slides out of place. You may feel like you are “sitting on a ball”. When you “reduce” your prolapse, you are pushing your rectum back inside your body.

Prolapse- a slipping forward or down of one of the parts or organs of the body.



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Rectal Prolapse can happen for many different reasons:

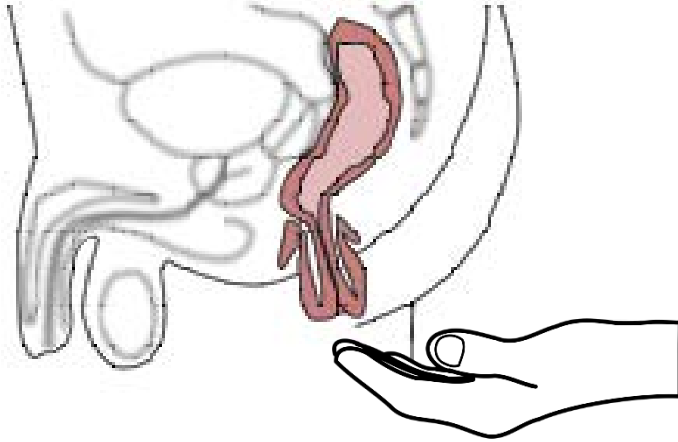
1. Weakened muscles
2. Weakened ligaments
3. Neurological problems
4. Chronic constipation

*Surgery is **not** always necessary:

The following can help keep your prolapse reduced:

1. Avoid constipation and straining to have a bowel movement.
2. Keeping your bowel movements soft.
3. Following our “Healthy Bowel Habits”.
4. Pelvic Floor Physical Therapy to strengthen the muscles.

To Reduce your Prolapse:



- Wash your hands (before and after).
- Use a gloved hand (optional).
- Apply gentle but steady pressure on the prolapsed rectum.
- Push upward until it is back in your body.

If you cannot get your prolapse back in:

If you have difficulty reducing your prolapse, apply granulated sugar to the prolapsed rectum. Let the sugar sit for 15 minutes and then attempt to reduce the prolapse again. The sugar will absorb the extra water in the prolapse and cause the prolapse to shrink. You must use granulated sugar. A sugar substitute will not work for reducing the prolapse. If you can't get your prolapse to reduce, there is a risk of the tissue drying out, becoming necrotic or getting an ulceration (open wound). If this happens, report to the nearest Emergency room for evaluation and help, and notify your doctor.

Necrotic- Death of cells in a specific area of a tissue or organ.

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