



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 (bulges in the wall of the rectum into the vagina), pelvic organ prolapses (pelvic organs are pushed forward or down) and hemorrhoids (swollen veins in the anal canal).

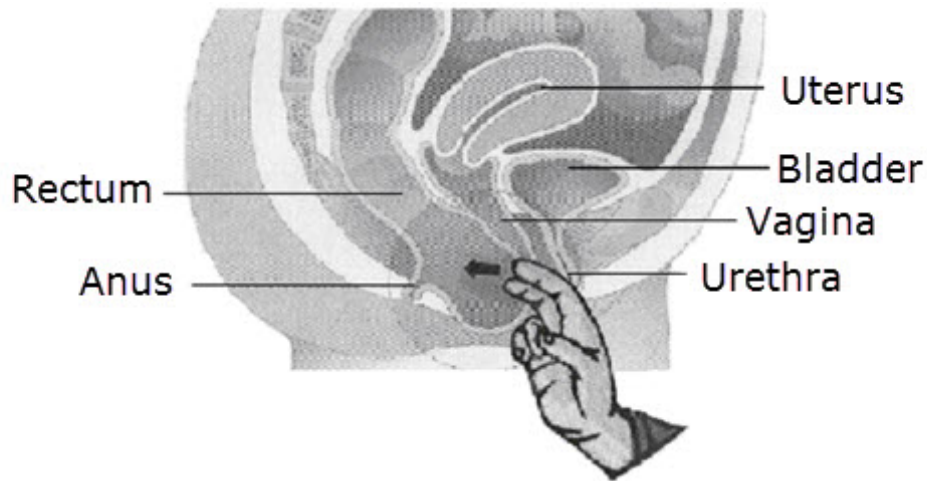
Perianal pressure, or splinting, is a way to help move the stool out of the anal canal when you have a rectocele. Splinting usually involves the pads of the fingers holding up or physically supporting the perineum and/or vagina during bowel emptying.

Supplies Needed:

- KY Jelly/ water based lubricant (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 will help push the stool that is trapped in your anal canal out.



Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Terri O'Neill RN, BSN
Reviewers: Jenifer Crawford RN, BSN

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 03/2017