

## 排便的如厕技巧

### Technique to Empty Your Bowels (Chinese)



1. 一直坐到马桶座后端。 Sit all the way back on the toilet
  - 选择以下姿势之一：从臀部向前倾，将前臂放在大腿上（如左图）或将脚放在凳子上（如右图所示）。
  - Choose one of these positions: lean forward bending from the hips, resting your forearms on your thighs (pictured on the left) or place your feet on a stool (pictured on the right).
2. 放松**肛门**（肛门开口）。 Relax your **anus** (anal opening).
3. 吸气。吸气时，轻轻将肚子向肚脐部推出以扩大腹部。当您轻轻向下并向后推向肛门时，保持腹部坚挺和扩张。

Breathe in. When you breathe in, expand your belly by gently pushing out toward your belly button. Keep your belly firm and expanded as you gently push down and back toward the anus.

- 如果您最近分娩过，或者您有**会阴下垂**（外阴和肛门之间的区域凸起低于正常水平的情况），当您向下推時可能需要额外的支撑。将手指放在**会阴上**（阴道和直肠之间的区域）以**固定**它或帮助扶持该区域。
- If you have recently given birth, or if you have **perineal descent** (a condition where the area between the vulva and anus bulges down lower than normal), you may need extra support while pushing. Place your fingers on the **perineum** (area between the vagina and rectum) to **splint**, or help hold, the area.
- 如果您有**直肠膨出**（直肠和阴道之间的组织壁变弱），尝试将 1 或 2 根手指放入阴道，然后向肛门按压阴道壁以提供额外的支撑。
- If you have a **rectocele** (a weakened wall of tissue between the rectum and vagina), try putting 1 or 2 fingers into your vagina and pressing back on the vaginal wall toward the anus to provide extra support.

4. 重复 3-4 次。Repeat 3-4 times.

- 如果您无法排便或排空肠道，请收紧骨盆底肌肉以使其恢复正常并離開馬桶座。避免用力。
- If you haven't been able to have a bowel movement or empty your bowels, squeeze your pelvic floor muscles to reset them back to normal and get off the toilet. Avoid straining.

5. 使用身体动作来帮助减少擦拭的需要。在擦拭之前做此动作：

Use body movements to help reduce how much you need to wipe. Do this before wiping:

- 将手放在膝盖内侧。当您做一个强烈的骨盆底紧缩（凯格尔）时，您的双膝紧靠，并保持这种压力 5-10 秒。
- Place your hands on the inner side of your knees. Squeeze your knees together as you do a strong pelvic floor squeeze (Kegel) and hold this pressure for 5-10 seconds.
- 然后将双手放在膝盖外侧，将膝盖向外推开。在同一时间做一个强烈的凯格尔运动，保持对抗您双手上的这种压力，持续 5-10 秒钟。
- Then put your hands on outer side of your knees and push your knees apart. Do a strong Kegel at the same time, holding this pressure against your hands for 5-10 seconds.
- 这些强烈的凯格尔运动和腿部动作将帮助您排空残留的粪便（大便），并避免您过多擦拭。
- These strong Kegels and leg motions will help you pinch off any remaining **stool** (poop) and keep you from wiping too much.

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