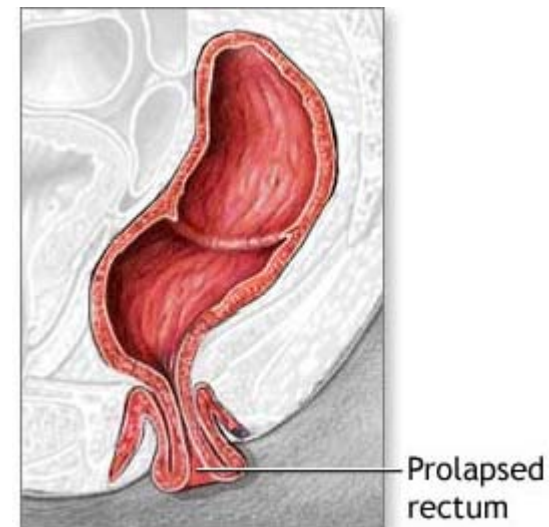
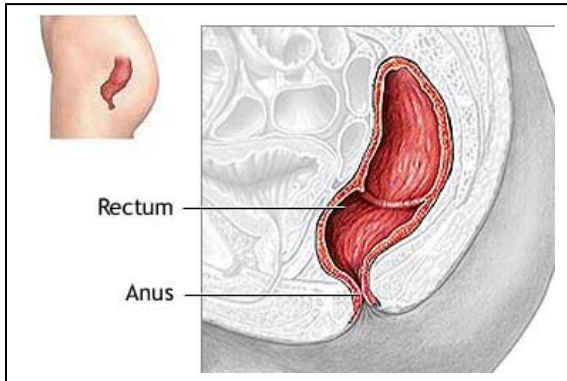


## How To Reduce Your Rectal Prolapse

Rectal Prolapse happens when part or all of the rectum slides out of place. The rectum can stay inside the body, or it may be visible outside of the body. When you “reduce” your prolapse, you are pushing your rectum back inside your body.



Rectal prolapse can happen for many different reasons:

1. Weakened muscles
2. Straining to have bowel movements
3. Stresses during childbirth
4. Weakened Ligaments
5. Neurological deficits

Surgical Intervention is NOT always necessary.

Avoiding certain behaviors may assist in keeping your prolapse reduced.

1. Avoiding straining to have a bowel movement.
2. Keeping your bowel movements soft.
3. Following our “Healthy Bowel Habits”.

To reduce your prolapse, use a gloved (optional) hand. Apply gentle but steady pressure on the prolapsed rectum and push upward.

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 causing the prolapse to shrink.

You must use granulated sugar. A sugar substitute will not work for reducing the prolapse.