



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).

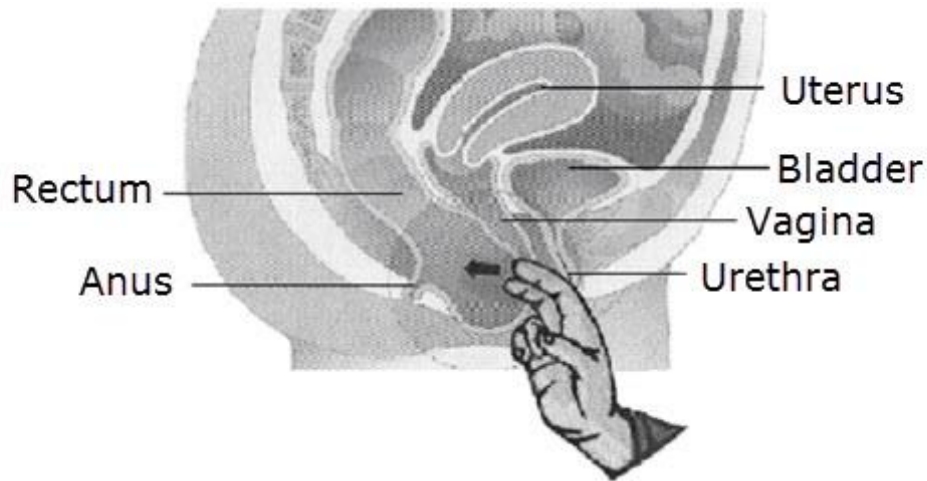
Perianal pressure, or splinting, is a way to help move the stool out of the anal canal when you have a rectocele. Splinting usually involves the pads of the fingers holding up or physically supporting the perineum and/or vagina during bowel emptying.

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.



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