

## Prolapse

### RFQs

- Do you have a vaginal bulge, pressure or heaviness?
- Do you have any bowel symptoms... including accidents or incontinence?
- What about water work symptoms... including accidents or incontinence?
- Any difficulties with your sex life?

### Provide

You mentioned a prolapse, I prefer to call it a bulge. But without treatment the bulge might get worse and can cause difficulties.

It's worth while doing regular pelvic floor exercises:

Breath throughout. It's the same feeling that you would get if you were stopping yourself from passing wind or urine. Look it up on youtube or I could refer you to a specialist physiotherapist if you are happy to travel to see the physio.

Three times a day for 4 months you should do: Ten 10-second holds or long squeezes, 50 quick pull up, or fast squeezes,

This is safe and very effective (NNT 3 in 4 months).

Since you are tending towards constipation we should treat you to avoid hard or infrequent stools.

How would you feel about working with us on your weight?

### Safety net:

Please let me know if you develop any water work symptoms and bring along a urine sample for us to test.

Let me know if you have any difficulty with your bowels.

If all of this is affecting you emotionally, or causing trouble with you sex life, please get in touch.