

BOWEL CARE PATHWAY



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The care pathway below will help you understand what to expect throughout the physiotherapy management of your bowel symptoms. Your pelvic health physiotherapist will guide you through this pathway and assess your progress.

This care pathway is used to address symptoms such as:

- *anal incontinence* - the inability to control the passage of bowel movements or flatus from the anus
- *faecal urgency* - an urgent sensation to pass a bowel movement that may result in faecal incontinence if you are unable to get to the bathroom in time
- *constipation* - infrequent bowel movements or difficulty passing bowel movements, which may be due to the form of your stool, how your stool passes through your gastrointestinal system or an outlet obstruction such as prolapse or an overactive pelvic floor.



The Women's Health Project



INITIAL ASSESSMENT

- Symptom review
- Bowel diary
- Pelvic floor assessment

CONSERVATIVE MANAGEMENT (12 WEEKS, 4-6 SESSIONS)

- Dietary modifications (e.g. fibre, fluid)
- Lifestyle advice
- Defecation retraining
- Pelvic floor program
- Biofeedback and/or neuromodulation



REASSESSMENT

- Symptom review
- Bowel diary
- Pelvic floor assessment

Symptoms well managed

Continue current

Symptoms bothersome / no change

Specialist review



BOOKINGS

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