

# How to maximize stool evacuation

Toll-free support line 7 days a week

**1 855 899-2873**

During prostate cancer treatment, some men may experience difficulty with bowel movements. Increasing fiber intake, staying hydrated, and maintaining an exercise routine can help alleviate these difficulties. Additionally, there are effective techniques to improve bowel emptying. Here is what you should know:

## Positioning on toilet

1. Place a small stool under your feet so that your knees are higher than your hips. Rotate your thighs inward by keeping your knees together and moving your feet apart.
2. Lean slightly forward with your torso.
3. Rest your elbows on your knees or against your stomach.

If you have a rectal descent (rectocele), sit on the toilet and lean your torso slightly backward.



## Relaxation

Take the time to relax. The pelvic floor muscles should be relaxed and released throughout the evacuation.

## Breathing techniques

Start with the piston expiration technique, then switch to the controlled expiration technique if the first method is not effective.

### Piston expiration

- Take a deep breath through your mouth, expanding your rib cage.
- Hold your breath for 5 seconds.
- Exhale for 5 seconds with your lips pursed and pull your belly in to contract the transversus abdominis.
- Once the expiration is complete, keep the abdomen contracted to maintain pressure on the rectum.
- Take a deep breath in and repeat this technique 7 to 8 times.

### Controlled expiration

- Take a deep breath through your mouth, expanding your rib cage.
- Hold your breath for 5 seconds.
- Make a closed fist in front of your mouth. Exhale by blowing into your fist to create resistance. Your belly should contract and the transverse abdominis should contract.
- Once the expiration is complete, keep the abdomen contracted.
- Take a deep breath in and repeat this technique 5 to 6 times.

## If this is still not effective

Try to evacuate your stools while blowing your nose, turning your torso to the right. You should never spend more than 5 to 8 minutes on the toilet trying to evacuate your stools.

**Our health care professionals** are here 7 days a week to answer all your questions as well as those of your family. Call **1 855 899-2873** or visit **procure.ca**

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