

Generic Advice for Obstructive Defecation

You have been referred for a detailed assessment in the Pelvic Floor Clinic. From your referral letter and assessment so far, it appears that you are having difficulty passing a bowel motion.

I have enclosed a leaflet entitled 'Pelvic Floor Exercises for Improving Difficulty with Bowel Emptying' which gives detailed advice on some techniques and exercises which you might find useful.

We also know that many patients who have difficulty opening their bowels can benefit from the use of either Glycerine or Bisacodyl suppositories, which can be purchased over the pharmacy counter and therefore you might like to try using these in addition to practising the techniques detailed in the information leaflet I have provided you.

I will arrange for you to be offered an appointment for a detailed assessment in the pelvic floor clinic as soon as possible but I hope you find this information useful while you await this assessment.