



Women who have even just one baby are nearly three times more likely to leak urine and wet themselves, than women who have not had a baby. The more babies you have, the more chance there is that you will leak urine and wet yourself.

WHY DO YOU LEAK URINE AFTER HAVING A BABY?

When the baby moves down through the birth canal, it stretches the nerves and muscles that keep the bladder shut. These are called the pelvic floor muscles, and they can sometimes be left weak, and not able to keep the bladder from leaking. Leaking happens mostly when you cough, sneeze, lift or do exercise. It is rare for the bladder to be hurt during birth, but the muscles and nerves often are, and you need to do pelvic floor muscle training to help the muscles get strong again.

WILL THIS LEAKING GO AWAY BY ITSELF?

If you have any leaking, it will not go away if you just ignore it. Leaking is likely to stop if you train your pelvic floor muscles, to help get their strength back. If you don't get pelvic floor muscle strength back after each baby you have, you may start wetting yourself, as the pelvic floor muscles get weaker with age.

HOW DOES MY BLADDER WORK?

The bladder is a hollow muscle pump. It fills slowly from the kidneys, and can hold at least one and a half to two cups of urine (300 to 400mls). The bladder outlet tube is kept closed by the pelvic floor muscles. When the bladder is full and you decide to pass urine, the pelvic floor muscles relax when you sit on the toilet, and the bladder squeezes the urine out. Then the same "fill and empty" cycle begins again.

即使只是生过一个孩子的女性，漏尿和尿湿裤子的机会比未生过孩子的女性几乎大三倍。孩子生得越多，漏尿和尿湿裤子的可能性越大。

为什么生孩子后会漏尿？

当胎儿通过产道下移时，会拉扯保持膀胱关闭的神经及肌肉。这些肌肉叫作骨盆底肌群，它们有时会变弱，并因此无法防止膀胱的尿液漏出。当你咳嗽，打喷嚏，提举物品或做运动时最可能出现漏尿。生孩子时损伤膀胱很罕见，但肌肉及神经常常会受损伤，因此你需要做骨盆底肌肉锻炼帮助这些肌肉重新变得强健。

漏尿会自己消失吗？

如果你有漏尿而不去管它，它是不会自动消失的。如果你锻炼骨盆底肌肉来帮助它们恢复力量，漏尿就有可能停止。如果你在每次生完孩子之后不帮助骨盆底肌肉恢复力量，就可能开始尿湿裤子，因为随着年龄增长，骨盆底肌肉会变得更弱。

我的膀胱如何工作？

膀胱是一个中空的肌肉泵，慢慢会被从肾脏排出的液体充满，里面至少容纳1.5至2杯尿液（300至400毫升）。骨盆底肌肉将膀胱的排泄管闭合。当膀胱充盈需要排尿时，你坐在马桶上骨盆底肌肉就会放松，然后膀胱将尿液挤出。这样的“充盈-排空”周而复始。

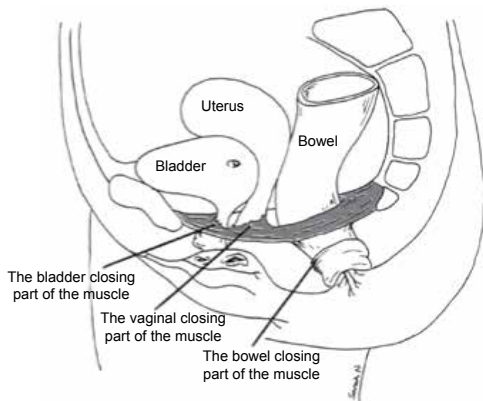




WHAT DO MY PELVIC FLOOR MUSCLES DO?

See the picture of the pelvic floor. The pelvic floor muscles do a number of things, they:

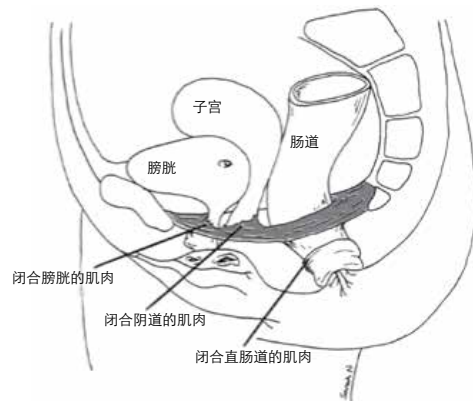
- help to close off the bladder, the vagina (front passage) and the rectum back passage); and
- help to hold the bladder, the uterus (womb) and bowel in their proper place.



我的骨盆底肌肉有什么作用？

参阅骨盆底图片。骨盆底肌肉有多种作用，它们：

- 帮助关闭膀胱，阴道（阴道口）和直肠（肛门）；及
- 帮助将膀胱，子宫及直肠维持在正常位置。



WHAT HAPPENS IF MY PELVIC FLOOR MUSCLES ARE WEAK AFTER HAVING MY BABY?

- You might leak urine when you cough, sneeze, lift, laugh or do exercise.
- You might not be able to control passing wind.
- You might feel an urgent need to empty your bladder or your bowel.
- You might not have good support for your bladder, your uterus or your bowel. Without good support one or more of your pelvic organs might sag down into your vagina. This is called pelvic organ prolapse. Prolapse is very common and happens to about one in ten women in Australia.

如果我的骨盆底肌肉在生孩子之后变弱会有什么后果？

- 当你咳嗽，打喷嚏，提举物品，大笑或做运动时可能会漏尿。
- 你可能无法控制排气。
- 你或许会感到急需排尿或排便。
- 你的膀胱，子宫或直肠可能得不到良好的支撑。没有良好的支撑，一个或多个盆腔器官可能会下垂到阴道内。这被称作盆腔器官下垂。盆腔器官下垂很常见，约有十分之一澳洲妇女会出现这种情况。

WHAT CAN I DO TO STOP THESE THINGS FROM HAPPENING?

- Train your pelvic floor muscles (we tell you how later).
- Keep good bladder and bowel habits:
 - eat fruit and vegetables;
 - drink 1.5 - 2 litres of fluid per day
 - do not go to the toilet 'just in case' as this might cut down how much your bladder can hold; and

我可以做些什么来防止这些问题出现？

- 锻炼你的骨盆底肌肉（稍后我们将告诉你如何锻炼）。
- 保持良好的大小便习惯：
 - 吃水果蔬菜；
 - 每天饮用1.5—2升液体。
 - 不要为了“以防万一”而去厕所，因为这样做可能会减少膀胱的储尿量；以及





- Protect your pelvic floor muscles when opening your bowels. A good way to sit on the toilet is to put your forearms onto your thighs and, with your feet close to the toilet, raise your heels. Relax your pelvic floor muscles and gently push.
- Keep your weight within the right range for your height and age.

- 排大便时要保护好你的骨盆底肌肉。坐马桶的一种好方法是将前臂放在大腿上，双脚靠近马桶，提起后脚跟。放松骨盆底肌肉，然后轻轻向下用力。
- 保持你的体重处于符合你的身高及年龄的范围内。

HOW CAN I CARE FOR MY WEAK PELVIC FLOOR MUSCLES?

The birth of a baby might have stretched your pelvic floor muscles. Any 'pushing down' actions in the first weeks after the baby's birth might stretch the pelvic floor muscles again. You can help to protect your pelvic floor muscles by not pushing down on your pelvic floor. Here are a few ideas to help you.

- Try to squeeze, lift and hold your pelvic floor muscles before you sneeze, cough, blow your nose or lift.
- Cross your legs and squeeze them tightly together before each cough or sneeze.
- Share the lifting of heavy loads.
- Don't strain when using your bowels.
- Do not do bouncing exercises.
- It's alright to get up once a night to pass urine—don't go to the toilet just because you had to get up to baby.
- Strengthen your pelvic floor muscles through training.

我怎样才能护理好衰弱的骨盆底肌肉？

分娩可能扯伤了你的骨盆底肌肉。婴儿出生后最初几周，任何“向下推”的动作或会再次拉扯骨盆底肌肉。你可以通过不向下推骨盆底来保护你的骨盆底肌肉。这里有一些建议会对你有帮助。

- 在打喷嚏，咳嗽，擤鼻涕或提举物品之前尽量收紧，提起骨盆底肌肉并保持下去。
- 每次咳嗽或打喷嚏之前交叉双腿，并用力将其收紧在一起。
- 不要自己一人提举重物。
- 大便时不要太用力。
- 不要做跳跃运动。
- 每晚起床一次去小便没问题—但不要为正因为要起床照顾婴儿而去厕所。
- 通过锻炼增强骨盆底肌肉。

WHERE ARE MY PELVIC FLOOR MUSCLES?

The first thing to do is to find out which muscles you need to train.

1. Sit or lie down with the muscles of your thighs, buttocks and stomach relaxed.
2. Squeeze the ring of muscle around the back passage as if you are trying to stop passing wind. Now relax this muscle. Squeeze and let go a couple of times until you are sure you have found the right muscles. Try not to squeeze your buttocks together.

我的骨盆底肌肉在哪里？

首先要找出你需要锻炼哪些肌肉。

1. 坐下或躺下，放松大腿，臀部及腹部。
2. 收紧肛门周围的环形肌肉，就像你正尽力忍着不排气一样。然后放松这块肌肉。收紧及放松数次，直到确定你已经找到正确的肌肉为止。尽量不要同时收紧臀部。





- When sitting on the toilet to empty your bladder, try to stop the stream of urine, and then start it again. Only do this to learn which muscles are the right ones to use—and only once a week. Your bladder may not empty the way it should if you stop and start your stream more often than that.

If you don't feel a distinct "squeeze and lift" of your pelvic floor muscles, or if you can't stop your stream of urine as talked about in Point 3, ask for help from your doctor, physiotherapist, or continence nurse advisor. They will help you to get your pelvic floor muscles working right. Even women with very weak pelvic floor muscles can gain from pelvic floor muscle training.

HOW DO I DO PELVIC FLOOR MUSCLE TRAINING?

Now that you can feel the muscles working—

- Squeeze and draw in the muscles around your back passage, your birth canal and your front passage all at the same time. Lift them UP inside. You should have a sense of "lift" each time you squeeze your pelvic floor muscles. Try to hold them strong and tight as you count to 8. Now, let them go and relax. You should have a distinct feeling of "letting go".
- Repeat (squeeze and lift) and let go. It is best to rest for about 8 seconds in between each lift up of the muscles. If you can't hold for 8, just hold for as long as you can.
- Repeat this "squeeze and lift" as many times as you can, up to a limit of 8 to 12 squeezes. When you first start after having your baby you might like to begin with 3 squeezes only, and work up to more over a few weeks.
- As you get stronger, try to do three sets of 8 to 12 squeezes each, with a rest in between.
- Do this whole training plan (three sets of 8 to 12 squeezes) each day while lying down, sitting or standing.

While doing pelvic floor muscle training—

- Do NOT hold your breath;
- Do NOT push down, only squeeze and lift; and
- Do NOT tighten your buttocks or thighs.

- 坐在马桶上小便时，试着中断尿流，然后重新开始排尿。这样做只了解该用哪些肌肉—并且只能每星期做一次。如果中止后重新开始排尿超过一次，你的膀胱可能不会以正常的方式排空。

如果你没有明显感觉到骨盆底肌肉“收紧及提起”，或者如果你不能像第3点提到的那样停止排尿，要向你的医生，理疗师或排便科护士寻求帮助。他们会帮你令骨盆底肌肉正常工作。骨盆底肌肉非常弱的女性将会从骨盆底肌肉锻炼中受益。

我如何做骨盆底肌肉锻炼？

现在你可以感觉到肌肉在运动—

- 同时收紧并向内收起肛门、产道及阴道口周围的肌肉。将这些肌肉向内向上提。每次你收紧骨盆底肌肉时应该有“提起”的感觉。尽量一边用力保持收紧一边数到8。然后放松这些肌肉并让自己松弛下来。你应该有明显的“放松”感觉。
- 重复“收紧及提起”然后放松。最好在每次提起肌肉之间休息8秒钟左右。如果你不能坚持收紧数到8，只需量力而为。
- 尽量多次重复这种“收紧及提起”锻炼，每组最多收紧8至12次。当你生孩子后开始做锻炼时，可能只想从3次收紧开始做起，并于数周内逐渐增加次数。
- 随着你的身体逐渐强壮，尽量每次锻炼做3组8至12次收紧，每组之间要休息。
- 每天在躺下、坐下或站立时做完整套锻炼计划（3组8至12次收紧）。

进行骨盆底肌肉锻炼时—

- 不要屏住呼吸；
- 不要向下用力，只收紧及提起；以及
- 不要绷紧臀部或大腿。





DO YOUR PELVIC FLOOR MUSCLE TRAINING WELL

Fewer good squeezes are better than a lot of half hearted ones! If you are not sure that you are doing the squeezes right ask for help from your doctor, physiotherapist, or continence nurse advisor.

MAKE THE TRAINING PART OF YOUR DAILY LIFE

Once you have learnt how to do pelvic floor muscle squeezes, you should do them often. Every day is best, giving each set of squeezes your full focus. Make a regular time to do your pelvic floor muscle squeezes. This might be when you:

- go to the toilet;
- wash your hands;
- have a drink;
- change the baby;
- feed the baby; or
- have a shower.

It's a good idea to get into the lifelong habit of doing one set of pelvic floor muscle exercises every time you go to the toilet, after passing urine or opening your bowels.

WHAT IF THINGS DON'T IMPROVE?

Pelvic floor muscle damage may take up to six months to get better. If things are not getting better after six months, speak to your doctor, physiotherapist or continence nurse advisor.

ALSO ASK YOUR DOCTOR FOR HELP IF YOU NOTICE ANY OF THE FOLLOWING:

- any leaking of urine;
- having to rush to get to the toilet, to pass urine or open your bowels;
- not being able to hold on when you want to;
- not being able to control passing wind;
- burning or stinging inside when you pass urine; or
- having to strain to start the flow of urine.

认真做骨盆底肌肉锻炼

认真地做几次收紧锻炼比马马虎虎地做很多次效果好! 如果你不确定你的收紧锻炼做得是否正确, 要向你的医生, 理疗师, 或排便科护士寻求帮助。

令锻炼成为你日常生活的一部份

你一旦学会了如何做骨盆底肌肉收紧锻炼, 就要经常进行锻炼。最好是每天都全心全意地做每一组锻炼。你应该定时做骨盆底肌肉收紧锻炼。可以于以下时间做:

- 去厕所;
- 洗手;
- 喝水;
- 给婴儿换尿布;
- 喂婴儿; 或者
- 洗澡。

建议养成每次去厕所大小便后都做一组骨盆底肌肉运动的好习惯, 并且终生如此。

如果情况没有改善怎么办?

骨盆底肌肉受损可能需要长达6个月才能好转。如果6个月之后情况还未好转, 要告诉你的医生, 理疗师或排便科护士。

如果你留意到以下任何情况也要向你的医生寻求帮助:

- 漏尿;
- 急需去厕所大小便;
- 虽然想忍住大小便却无法做到;
- 无法控制排气;
- 排尿时尿道灼热或疼痛;
- 必须用力才能开始排出尿液。





SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

寻求帮助

如果你致电国家排便节制热线，有资质的护士会接听你的电话1800 33 00 66*（周一至周五，澳大利亚东部标准时间8:00am—8:00pm）。

- 信息；
- 建议；及
- 资料册。

如果你在讲英语或者理解上有困难，你可以通过拨打13 14 50获取免费电话传译服务以接通国家排便节制热线。电话会用英语接通，因此请说明你要讲的语言并且不要挂机。你会被连接到一个讲你母语的传译员。告知传译员你想要致电国家排便节制热线，电话是1800 33 00 66。待电话接通后传译员会帮助你与排便节制护理顾问对话，所有的来电均保密。

请登陆：bladderbowel.gov.au或者continence.org.au/other-languages

* 用手机打出会收取相应费用。

