



WHAT IS POOR BOWEL CONTROL?

People with poor bowel control accidentally pass bowel motions at the wrong time or in the wrong place. They may also pass wind when they do not mean to.

IS POOR BOWEL CONTROL COMMON?

About one in 20 people has poor bowel control. Both men and women can have poor bowel control. It is more common as you get older, but a lot of young people also have poor bowel control.

Many people with poor bowel control also have poor bladder control (wetting themselves).

WHAT CAUSES POOR BOWEL CONTROL?

Weak Muscles

Weak back passage muscles may be due to:

- having babies;
- getting older;
- some types of surgery – such as, for piles (haemorrhoids); or
- radiation therapy.

Severe Diarrhoea

Diarrhoea means passing loose motions. There are many causes and it is a good idea to see your doctor to find out what can be done about this problem.

Constipation

Constipation is a very common cause of bowel mishaps in older people or people with a disability. Motions can sometimes get clogged in the lower bowel and liquid can leak out around the clogged mass, which looks like there is a loss of bowel control.

GĚL YÄNY RAC YE KĚ YĪNDÄ?

Kɔɔc leŋ yäac rac aa la roor ka kuckë ku a lëu bë rot looi tē rac, cēmēn thāi yic. Kɔc leŋ yäac rac aa lëu bīk kōth cī ye guum aya ku a lëu bīk ya rēer ke kōth path.

GĚL YÄNY RAC JUĚC KEK KɔC?

Raan tōk raan thiēr-rou yic a leŋ yäny rac. Rōör ku diäär aa laŋ yäac rac kedhie. Yäny rac ee lac rēer ke kɔc cē dhiop, ku riēnythii juēc aa lëu bīk laŋ yäac rac aya.

Kɔc juēc leŋ yäac rac aa lëu bīk laŋ alēc rac aya (aa thäär thiu).

YĚDÖ YEN YÄNY RAC BĚY?

Acuëk Niop

Acuek kōu aa lëu bīk niöop rin:

- Cī tik dhiēt;
- Cī raan dhiop;
- Cī raan ret – cēmēn (buathiir); wälä
- Döny ē nyum mākana.

Yäc

Raan nēk yäc ee raan wēn la rōör kē kōc kōu. A leŋ kã juēc yäc bëi ku apath ba dhiel la tēn akīm rin bë yī gãm döny yäc.

Kuil

Kɔɔc cē dhiop wälä kɔc leŋ gup aŋēp aa lac kuil. Kēdāŋ a lëu bë bēn nēr aŋuum yic ku jol yic a thic piu thīn atēen, ku raan a rēer ciēt kuc tē bë duöt rot.





WHAT SHOULD YOU DO ABOUT POOR BOWEL CONTROL?

There are many causes of poor bowel control, so a careful check is needed to find the causes and things that might make it worse.

If you often have bowel mishaps, you should first talk to your doctor. You should also let your doctor know if you have:

- a change in your normal bowel habits;
- pain or bleeding from the back passage;
- a feeling that your bowel is never quite empty;
- dark or black bowel motions; or
- weight loss that you can't explain.

Your doctor may:

- ask you some questions;
- do a physical exam of your pelvic floor muscles (if you say this is okay);
- ask you to keep a chart of your bowel habits and what you eat and drink for a while; or
- refer you for an ultrasound to check your pelvic floor muscles.

HOW CAN POOR BOWEL CONTROL BE HELPED?

Because loss of bowel control is a warning sign and not a disease, the right care will depend on what is causing the problem.

Care may include:

- checking the medicines and tablets you take;
- taking a new medicine to firm up your motions or to settle your bowels;
- getting constipation under control if this is a cause;
- pelvic floor muscle training to help make your pelvic floor muscles stronger. The muscles around the back passage are part of the pelvic floor muscles;

YENÖ BA LOOI TĚ RĚC YÄNY DU?

A leŋ kä juēc yäny rac bëi, ka yeen apath ba rot cöl a ciæth akim rin bë kën yī gäm yäny rac njic ku njic käh ye juak nyin.

Na ye yäc yī lac döm, ka yī koŋ yī thok tuööm kek akimdu. Lëk akimdu tē:

- Ye yäny du ye yic lac waar;
- Ye yī reem köu wälä ye kuër;
- Ye yin rëer ciët yī wic la roor;
- Ye kë col nyin ben bei tē le yin roor; wulë/ka
- Duæt/Guak kuöc rot.

Akimdu a:

- Bī yin thiëc wël juēc;
- Acuek kuun anuum caath (tē cın yen kë riëc yī guöp thın);
- Bī lëk kuat kë looi yäny du ya gät piny ku gät kä ye cam ku kä ye dek, ku a ba looi kaam thi wälä kaam bär yic; wälä
- Lëu bī tuöc tēnë kōc kōc caar yiic rin bë acuek anuum ku ben la caath macaar.

RAAN LED YÄNY RAC BĚ KONU KADÄ?

Rin ye yäc kë laan kōc lëk lon leŋ yen tuany töu raan guöp, ka döny bë gäm raan a bë luöy tē cīt tēn tuany cē yök raan guöp.

Döc alëu bī ya:

- Ciæth wal ye dek;
- Dëŋ wal yam rin bë yäc kööc
- Lär yäc rin kuil jäl tē yen kuil ye ka cī raan kuil;
- Duëŋy ë acuek anuum rin bīk riël bīk raan cöl ye njic gum tē wic yen la roor. Acuek anuum töu raan köu aa nuët ke acuek raan cöl agum tē wic yen la roor;





- treatment by a physiotherapist or a continence nurse who knows about pelvic floor muscle problems. This could also involve using equipment to get the pelvic floor muscles working; or
- visiting a surgeon or other specialist doctor, if your doctor refers you.

- Döny ë raan kɔc duääny wälä akuonyakim ë thiu thar wën njic tẽ ye acuek anuum luui thïn. Döny kën a lëu bë yic lan luonj kɔk wën bë raan kony bë acuek anuum njic duääny; wälä
- La bï raan la tën akim dïit wën bë yeen la ret tẽ cï akim tuej cïn la thïn yï tuɔɔc.

## FOR PEOPLE WITH DEMENTIA OR CONFUSION

People with dementia or confusion may not feel, or be aware of, the urge to empty their bowels. This can lead to leaking of a normal bowel action. A common time for this to happen is soon after a meal, often breakfast.

Watching the person's bowel habits for a while may help to show a pattern of bowel habits. Also, keeping track of how they act may help to find out when a bowel motion will happen. Then the person can be taken to the toilet in time.

## 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](http://bladderbowel.gov.au) or [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Calls from mobile telephones are charged at applicable rates.

## TËN KɔɔC CÏ TËKTËK MÄÄR WÄLÄ KɔɔC RËËR KE CË NHÏIM LIÄÄP

Kɔɔc cï tËktËk mää r wälä kɔɔc rëër ke cë nhïim liäöp aa lëu bïk rëër ka kuckä lon cï kek la roor. Keya ka keek aa lëu bïk la roor path ka kuckä. Ku kaam ye kën rot lac looi ee tẽ puɔc ke mïth, ku ee lac ya miëth nhiäknhiäk.

Na muk raan nom kaam bär yic ka lëu ba tẽ ye yäny de luui thïn njic. Aya, na muk raan nom tẽ deen yen rot luɔɔy thïn tẽ wïc yen la roor ka lëu ba ya njic tẽ wïc yen la roor. Ku keya ka raan a lëu bë yäth yon la roor.

## WÏC KUɔɔNY

Mathaat akim cï piöc aabi tō na yï ayup telepun Kuɔɔny Baai kāk thiu thar ee nïmra këneic tōk, bët, gueu, diäk, diäk, gueu, dhetem, dhetem\*/ 1800 33 00 66\* (aköl Tök agut aköl Dhiëc ee Läätic (Monday- Friday) kaam thaa bët nhiäk-duur (8am) ku thaa bët thëei (8pm) ee thaa kɔc Australia ciën Ciëen) aye gäm kɔc abec:

- Lëk/Wël;
- Wëët; ku
- Athör thiin ë lëk.

Na yïn acie njic jam thonj English apieth ka yïn alëu ba telpun luɔi ye kɔc Kuɔɔny wër thokic yuöp. Cɔl nïmra këne tōk diäk, tōk, njan, dhiëc/13 14 50. Tuenjic, abi raan kɔj dhuk nom ee thonj English, luel thonjduön ee yïn jam ku tiëët ee telepunic. Yïn abi tuööm thok kek raan kɔc waar thook/duwër jam thuoŋdu, ku jal kek lëk wëtduön wïc ee yïn kɔc Baai Kuɔɔny Kāk thiu thar yuöp ee nïmra këneic tōk, bët, gueu, diäk, diäk, gueu, dhetem, dhetem/ 1800 33 00 66. Tiëët ee telepunic ku bï yï gam ku duwër abi kony ba jam kek mathaat akim kɔc lëk. Telepun duwër aye kɔc yup thïn abec/majan ee rin cïn en wëu ye wïc tënë yïn. Kek wël ëbën aye thiaan yiic.

Nem thioInyin eet [bladderbowel.gov.au](http://bladderbowel.gov.au) wulë [continence.org.au/other-languages](http://continence.org.au/other-languages) (thok-thok kɔk yiic)

\* Yup mobaalic ee wëu cam tËcït cöt baai ëtën.

