



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.

Na cok ya tij cë dhiëth menh tök, tē thöön yin yen ke tij këc kañ dhiëth, ka lëu bë rot ya läc. Na cë tik dhiëth mïth juëc, ka acuek keen anjuum aa bë lär apëi ku ye rot läc apëy.

YEDÖ YÏN ROT LÄC TË CÏN DHIËT METH?

Na yök meth jël yiëc bë tēek wath yic, ka acuek anjuum aa ke yiic miit bë meth tēek. Acuek anjuum kä aa lëu bïk cï ben dhuk nyien den – aa lëu bïk rëer ke cë lär ku yekä tik col a lëc rot. Tik ee rot läc tē ycol, tïim, jöt, dol yen wälä tē tuuk yen nē tuk koc rïil gup. A ce rot lac looi bë alëc yic ræt tē dhiët tik ku acuek anjuum ku räl aa lac cak – keya, ka yin a dhil acuek anjuum ya duäany rin bïk riel.

LËC YËN ROT LÄC KË N BË JÄL ROT?

Na ye rot läc, ka cë bë jäl rot tē cïn ye njic muk nom. Lëc rot a lëu bë köc tē yin acuek kuun anjuum njic duäany, rin bë riel deen thær dhuk. Na këc riel deen dhuk mën tën dhiët manh tuen, ka lëc rot a lëu bë rot gol, rin ye riel acuek anjuum la ka jäl tē dhicop tik.

AL ÄNYDIË YE LUUI KADÄ?

Alëc ee acuen yör yic wën kån piëk ayeer. Yen a thiän amäath lëc wët bei rok yiic, ku a lëu bë biny yet biiny ka rou (300mla yet 400mla) ë lëc muk. Dhël ye lëc tēek thin ee rëer ka cï acuek anjuum thiök thok. Na cë alëc thiän ku wïc ba la laac, ka acuek anjuum aa dëk ke yiic tē cïn nyuc ba laac, ku alëc lëc piëk ayeer. Ku ben thiän ku ben laac.

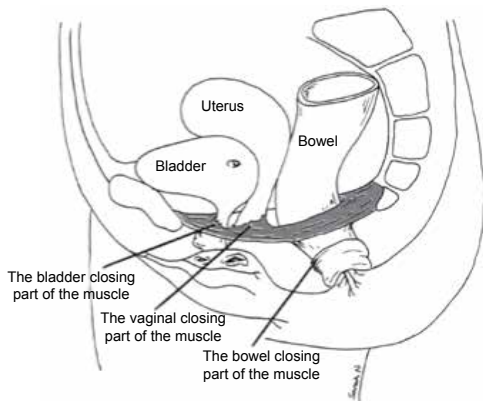




WHAT DO MY PELVIC FLOOR MUSCLES DO?

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

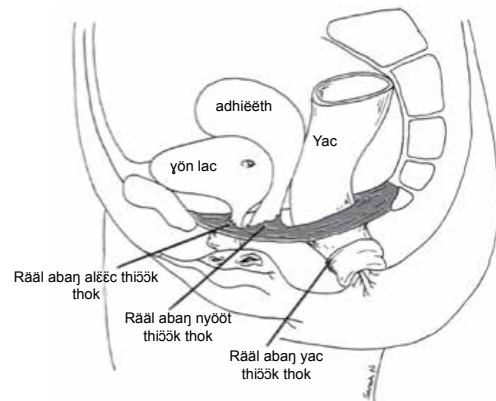
- help to close off the bladder, the vagina (front passage) and the rectum back passage); and
- help to hold the bladder, the uterus (womb) and bowel in their proper place.



YENÖ YE AC UEK KIËË N AD UUM LOOI?

Tiŋ cuura acuek aŋuum. Acuek aŋuum aa kä juäc looi, kä yekä looi aa kik:

- Keek aa alëc thiök thok, ku thiökkä mur ku amook thok; ku
- Mukkä alëc, adhiëet ku yac ke kä yiic nyien den.



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.

YENÖ BË ROT LUÖI YË N TË LE AC UEK KIËË N AD UUM LÄR RIN CĪ YËN DHIËT MĪTH?

- A lëu ba rot ya läc tē yool yin, tiim yin, jöt yin, dol yin, wälä tē tuuk yin nē tuk koc riil gup.
- Tekdä ka köth a cĭ bē ya gur.
- Tekdä ka lëu bē lec/la roor yin ya cuöŋ ku rieŋ yön laac/la roor.
- Tekdä ka acuek kuun aŋuum aa ce alëc, yac ku ciin njec muök nhial. Na cik keek ye muök nhial ka tök wälä kä juäc kam ken a lëu bē ya diir piny mur nom. Kën a ye col tuany ye mur yuu piny. Yuu mur piny ee rot lac looi ku tieŋ tök diäar ka thiäar yiic Australia a leŋ tuany kënë.

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

YENÖ BA LOOI BA KÄKÄ CÖL A KÄÄC?

- Duääny acuek kuun aŋuum (a buk lëk yiin tē ba luöi yeen)
- Dic alëc ku yäny du njieëc:
 - Ye cam mĭth tiim ku liëem;
 - dek biiny piu ka dhetem yet bët kööl tök yic;
 - duk ye la yön laac tē kēc la yĭ mät rin bi yen aläny du col a cak; ku





- 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.

- Ye acuek kuun anjuum muk nhĭim tē le yĭn roor. Rin ba nĭec nyuc thōny la roor nĭom, kan yĭ kōk yĭ yōōm ku, ka yĭ cē yĭ cuōk cuot thōōc lōōm, jat cōk nĭuur nhial. Pāl acuek kuun anjuum yĭic piny ku jol cōl amäāth.
- Duk rot cōl a cuai apēy ku ye dhiēk du thōōnj ke bēer du ku ruōn ku.

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.

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.

BA AC UEK KIËË N AD UUM CĒ LÄR MUK NHĪM KADÄ?

Tēkdä ka dhiēnh meth a cē acuek kuun anjuum cōl a lār. Na leŋ kē ben cōl wiik puoc meth dhiēēt thĭn yĭic ka acuek anjuum aa lēu bĭk ben lār apēy. A lēu ba acuek kuun anjuum cōl dhuk nyin deen thēer tē pēēn yĭn cōlcōl. Loi kākä ba acuek kuun anjuum cōl a dhuk nyin deen thēer.

- Ye them ba yĭ thar ya rot tē tĭim yĭn, yōol yĭn, thoony yĭn yĭ wum wälä tē jot yĭn kē thiek.
- Dan yĭ kuōl ku nyith ke yĭic tē wĭc yĭn yōol wälä tē tĭim yĭn.
- Ye rot cōl a kony tē jot yĭn kē thiek.
- Duk ye cōl apēy tē le yĭn roor.
- Duk ye tuk käh yĭ cōl a kēec nhial ku kaac piny.
- A cel rac tē lēec yĭn kēn yĭc tōk wēēr yĭc – duk bēer yōn tē cĭn rot jot wēt meth.
- Duääny acuek kuun anjuum bĭk riēl.

ACUEK KIËË N AD UUM TÖUKÄ TĒ‘NO?

Kē ba kaŋ looi ee ba acuek anjuum ka nĭc tē rēer kek thĭn ku jol duēēny gol.

1. Nyuōōjē ka yĭ cē yĭ yōōm, anjuem ku yāc pāl piny.
2. Rot yĭ thar cēmēn raan gur kōth. Pāl yĭc. Ye yĭ thar rot ku pāl yĭc arak juāac yet ba nĭc lon cĭn acuek wĭc duēēny yōk. Them ba anjuem ku cĭ ye nyiith yĭic.





3. 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—

- 1. 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".
- 2. 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.
- 3. 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.
- 4. As you get stronger, try to do three sets of 8 to 12 squeezes each, with a rest in between.
- 5. 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.

3. Na lo laac, ka them ba læc teem kooth bin bin ye læu, ku ben laac dhuök. Loi kën rin ba acuek anjuum lac ku duut njic – ku ye looi kën yic tök wik yic. Alänydu a læu bë cak tẽ ye yin læc teem kooth abak.

Na cın tẽ ye yök, wälä cın tẽ ye yin læc teem kööth tẽ mën wën cı ye lueel abaŋ 3 yic, ka yı la tən akiëm du, raan duun yı duääny wälä akuonyakim ë thi u thar. Keek kooç kä aa læu bik yı kony ba acuek kuun anjuum cök piny. Gut diääc cı acuek anjuum nyin lär aa læu bik tẽthi yök tẽ duëeny kek acuek keen anjum.

BA RÄL AC UEK KIËË N AD UUM DUÄÄ NY KADÄ?

Mën cın acuek kuun anjuum jal njic tẽ ye kek luui thın—

- 1. Döp yı yic ba amook ku mur miæt nhial. Miæt ke nhial. A læu ba acuek anjuum ya yök ke jot keriëc ebën nhial. Them ba muk nyien tök ku jol kuen yet 8. Ben ke puöl yiic. A læu ba gua yök tẽ ye yin yic wuu thın tẽ pël yin acuek anjuum yiic.
- 2. Beric (rot ku njöp nhial) ku päl yic. Apath ba ya löŋ mocmooc ka 8 ku ben looi. Na cı læu ba rot ku njöp mocmooc ka 8, ka them ba kaam bär yic tẽ cıt tẽ ba læu.
- 3. Beric "röt ku njöp" yic arak juääc tẽ cıt tẽ wic ku duk cöl wan 12. Na ye tiŋ puoc dhieth, ka gol 3, ku jol ya la ke juak yiic në wiik bö yiic.
- 4. Na ca riæl, ka them ba ya kuen 8 yet 12 arak diäk, ku ye kaŋ löŋ.
- 5. Loi duëeny kën (kuën 8 yet 12 arak diäk) abak ka yı cẽ töc piiny, cẽ nyuc wälä ka yı kääc.

Ka yı dhuëeny acuek kuun anjuum—

- DUK wëei ye duut;
- DUK ye cöl, ye yı thar ruot nhial; ku
- DUK anjem ku yööm ye nyiith yiic.





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.

YE AC UEK KUUN AD UUM NJEC DUÄÄ NY

Na ye acuek anuum njec rot ku jot keek arak lik yiic ka cë cit tē yin ye looi arak juäac ku a ci ye njec looi! Na kuc lon yin acuek anuum njec rot ku jot keek, ka yi col rot a kony akiem du, raan duun yi duäany wälä akuonyakim ë thi u thar.

LOI DUËËNY KËN BË YA KË DUUN YE LOOI ABAK

Na ca rut ku jön acuek anuum njic, ka path ba ya looi abak. Na ye looi abak ka path apɛy, ku ye yi puöu tääu thin tē looi yin yeen. Loc kaam bin acuek anuum ya duäany. Tekdä ka lëu ba ya looi kuat:

- tē cin la roor;
- tē löckk yin cin;
- Tē dëk yik;
- Tē wɛɛr yin meth;
- Tē thuëet yin meth; wälä
- Tē læc yin.

Apath ba duäany tök njëec ku ye looi kuat tē le yin yön la roor wälä tē læc yin.

DÖ BË YIË NDÄ TË CÏN YEN TËTHII N YÖK?

Acuek anuum cë cak aa lëu bik wiik ka dhëtem looi ke këc dem. Na cin tēthiin ca yök wiik ka dhëtem yicc, ka yi la tēn akiem du, raan duun yi duäany wälä akuonyakim ë thi u thar.

AYA, CÖL ROT AK ONY AK ÌM TË LED YEN KË CË ROT LUÖI YÏN YE KÄKÄ YIIC:

- thi u lac;
- Tē ye yin kat yön laac rin læc ku peel;
- Tē yin yön laac/la roor dääk;
- Tē cin köth ye gur;
- Tē ye mur reem yic alonj thin tē læc yin; wälä
- Tē yin lac col bik bën.





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.

WÏC KUÖÖNY

Mathaat akim cï piöc aabi tö na yï ayup telepun Kuööny Baai käk thiu thar ee nïmra kënëic tök, 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 koc Australia ciëñ Ciëën) aye gäm koc abec:

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

Na yin acie njiec jam thonj English apieth ka yin alëu ba telpun luoi ye koc Kuöny wër thokic yuöp. Cöl nïmra kënë tök diäk, tök, nuan, dhiëc/13 14 50. Tuenjic, abi raan konj dhuk nhom ee thonj English, luel thonjduön ee yin jam ku tiëët ee telepunic. Yin abi tuööm thok kek raan koc waar thook/duwër jam thuoñdu, ku jal kek lëk wëtduön wïc ee yin koc Baai Kuööny Käk thiu thar yuöp ee nïmra kënëic tök, bët, gueu, diäk, diäk, gueu, dhetem, dhetem/ 1800 33 00 66. Tiëët ee telepunic ku bi yï gam ku duwër abi kony ba jam kek mathaat akim koc lëk. Telepun duwër aye koc yup thin abec/majan ee rin cin en wëu ye wïc tënë yin. Kek wël ëbën aye thiaan yiic.

Nem thiolnyin eet bladderbowel.gov.au wulë continence.org.au/other-languages (thok-thok kök yiic)

* Yup mobaalic ee wëu cam təcit cöt baai ëtën.

