



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.

Dumarka xitaa dhalay hal ilmo ah oo kaliya ayaa aad uga sii dhow saddex meeloodooba in ka badan inay kaadi ka daadato oo ay isqooyaan, marka la barbardhigo dumarka aan wax carruur ah dhalin. Carruurta badan ee aad dhashaaba waxay keenaysaa inaad uga sii badan tahay inay kaadi kaa daadato oo aad isqooyso.

**WAA MAXAY SABABTAY KAADI KAAGA DAADANEYSO KA DIB MARKAAD ILMO DHASHO?**

Marka ilmo hoos ugu soo dhaqaaqo kanaalka dhalmada, wuxuu fidiyaa nerfayaasha iyo muruqyada kaadiheysta xira. Kuwan waxaa loogu yeeraa muruqyada sagxada miskaha, marmarka qaarkoodna waxaa looga tegi karaa iyagoo daciif ah, mana awoodaan inay ka ilaaliyaan kaadiheysta in kaadi ka daadato. Daadashada kaadidu waxay dhacdaa badanaa markaad qufacdo, hindhisto, waxqaado ama aad jimicsi sameyso. Waa ku dhif kaadiheysta in la dhaawaco marka la dhalayo, laakiinse muruqyada iyo neerfayasha ayaa badanaa la dhaawacaa, waxaanad u baahan tahay inaad sameyso tababarka muruqa sagxada miskaha si aad uga caawisid muruqyada inay mar labaad xoog yeeshaan.

**KAADI KA DAADASHADANI ISKEED MA ISAGA TEGAYSAA?**

Haddii aad qabto wax kaadi ka daadasho ah, iskama tegayso haddii aad is ilowskiisid. Daadashada kaadida waxaa laga yaabaa inay istaagto haddii aad tababarto muruqyada sagxada miskahaaga, si ay kaaga caawiso inaad xooggaga dib u hesho. Haddii aadan dib u helin xoogga muruqyada sagxada miskahaaga waxaa laga yaabaa inaad bilowdo isqoyntaada, isla marka muruqyada sagxada miskahaagu ay daciifaan da'a darteed.

**HOW DOES MY BLADDER WORK?**

Kaadi haysto waa murug godan oo wax soo tuura. Si tartiiba ayuu kelyaha u buuxiyaa, waxayna qaadi karaan hal iyo bar ilaa laba koob oo kaadi ah (300-400 mls). Tuunbada kaadiheysta waxaa xira muruqyada sagxada miskaha. Markay kaadiheystu ay buuxdo waxaanad go'aansataa inaad kaadido, muruqyada sagxada miskaha ayaa debca markaad ku fariisato musqusha, kaadiheysta ayaa soo deysa kaadida. Ka dibna isla sidaas u "buuxisa una faaruqisa" wareega ayaa haddana bilowda.

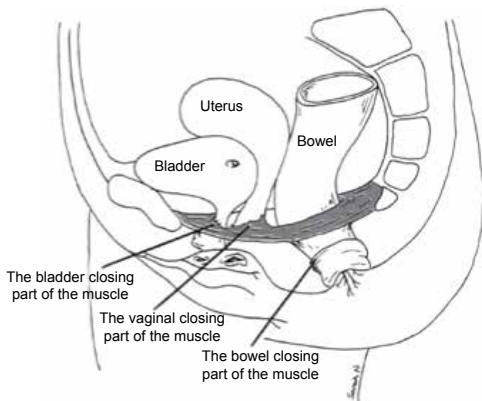




WHAT DO MY PELVIC FLOOR MUSCLES DO?

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

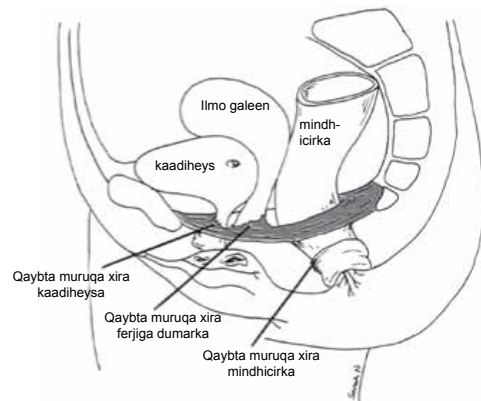
- help to close off the bladder, the vagina (front passage) and the rectum back passage); and
- help to hold the bladder, the uterus (womb) and bowel in their proper place.



MAXAY QABTAAN MURUQYADA SAGXADA MISKAHEYGU?

Eeg sawirka sagxada miskaha. Muruqyada sagxada miskuhu waxay qabtaan waxyaalo badan, waxay:

- caawiyaan xirida kaadiheysa, ferjiga (marinka hore) iyo afka marinka danbe); iyo
- Caawiyaan heynta kaadiheysta, uterus (ilmogaleenka) iyo caloosha meelhooda caadiga ah.



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.

MAXAA DHACAYA HADDII MURUQYADA SAGXADEYDA MISKUHU AY DACIIF YIHIIN KA DIB MARKAAN ILMO DHALO?

- Waxaa laga yaabaa inay kaadi kaa daadato markaad qufacdo, hindhisto, wax qaado, qososho ama aad jimicsi sameyso.
- Waxaa laga yaabaa in aadan kontoroolin dhuusada.
- Waxaa laga yaabaa inaad dareento rabitaan degdeg ah si aad u faaruqiso kaadiheystaada ama calooshaada.
- Waxaa laga yaabaa in aadan u heysan taageero fiican kaadiheystaada, ilmogaleenkaaga ama calooshaada. Taageero fiican la'aanteed mid ama wax ka badan organada miskaha ayaa laga inay ku soo dhacaan ferjigaaga. Tan waxaa la yiraahdaa soo dhicida ama durkida unuga ama organka miskaha. Soo dhicidu ama durkidu waa wax caam ah oo ku dhaca qiyaastii hal dumar ah tobankii dumar ah ee jooga Australia.

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

MAXAAN SAMEYN KARAA SI AAN U JOOJIYO WAXYAALAHANI INAY DHACAAN?

- Tababar muruqyada sagxada miskahaaga (waxaan kuu sheegaynaa sida wax loo samaynayo hadhow).
- Yeelo caaddada wanaagsan ee caloosha iyo kaadiheysta:
  - cun furuutka iyo khudaarta;
  - cab 1.5 – 2 litir oo cabitaana maalintii;
  - musqusha ha aadin 'lacala haddii' maadaama ay tani yareynayso ilaa intay celin karto kaadiheystaadu; iyo





- 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.

**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.

- Ilaali muruqyada sagxada miskaha markaad fureyso mindhicirka. Si wanaagsan oo aad u fadhiisan karto waxaa weeye inaad saarto gacmahaaga bowdyahaaga iyo, cagahaaga oo u dhow musqusha, cidhbahaagana kor u qaad. Debci muruqyadaada sagxada miskaha si tartiib ahna u riix.
- Miisaankaaga ku hey xadka saxda ah ee dhererkaaga iyo da'daada.

**SIDEE BAAN U DARYEELI KARAA MURUQYADA SAGXADA MISKAHAYGA EE DACIIFAY?**

Dhalida ilmaha ayaa laga yaabaa inay kala bixisay muruqyada sagxada miskahaaga. Wax kasta oo ah fiicilka 'hoos u riixida' ah toddobaadyada ugu horeeya ka dib markuu ilmuhu dhasho ayaa laga yaabaa inay mar labaad kala bixiso muruqyada sagxada miskaha. Waad caawin kartaa si aad u ilaalisid muruqyada sagxada miskahaaga adoon hoos ugu riixeynin sagxada miskahaaga. Halkan waxaa ah waxoogaa fikrado ah oo ku caawinaya.

- Iskuday inaad isku ururiso, kor u qaado oo aad qabato muruqyada sagxada miskahaaga ka hor intaadan hindhisin, qufucin, duufsan ama wax qaadin.
- Lugahaaga isdhaafi oo si aad ah isugu dheji oo dhuujisan ka hor qufac ama hindhisaad kasta.
- Qof la wadaag qaadista xamuulka culus.
- Caddaadis ha isa saarin markaad isticmaaleysid calooshaada.
- Ha sameynin jimicsiyada bood boodka.
- Waxba malaha inaad hal mar kacdo habeenkii si aad u soo kaadido — musqusha ha aadin uun sababtoo ah waxaad u kacday ilmo.
- Ku xooji muruqyada sagxada miskahaaga tababar.

**WAA MAXAY MURUQYADA SAGXADA MISKAHEYGU?**

Waxa ugu horeeya oo ah in la sameeyo waa inaad ogaatid muruqyada aad u baahan tahay inaad tababarto.

1. Fadhiiso ama ku jifso muruqyada bowdyaha, dabada calooshana debci.
2. Isu ururi wareega muruqyada ee ku hareeraysan marinka danbe sidii aad iskudeyeesid inaad joojiso dhuusida. Hadda debci muruqyadaan isu ururi sii daana laba jeer ilaa aad ka hubsato inaad heshay muruqyadii saxda ahaa. Iskuday inaad isku soo wada ururin dabadaada.





- 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.

- Markaad ku fadhido musqusha si aad u faaruqiso kaadiheystaada, iskuday inaad joojiso socodka kaadida, ka dibna dib u bilow haddana. Tan same oo kaliya si aad u barato muruqyada ugu saxsan ee aad isticmaalayso—hal mar toddobaadkii oo kaliya. Kaadiheysataada waxaa laga yaabaa in aadan faaruqin kaadiheystaada sidii la rabay haddii aad joojiso oo aad dib u bilowdo socodkii kaadida intaa wax ka sii badan.

Haddii aadan dareemeynin ka duwanaan ururinta iyo kor u qaadida muruqyada sagxada misigta, ama haddii aadan gaabin karin socodka kaadidaada sidii laga hadlay ee 3 qodob, ama aad arkeysid galka xiniinyahaaga oo kor u laabma iyo qoodhaha sidii aan uga hadalnay qodobka 4, caawimaad weydiiso dhakhtarkaaga, fiisiyo teriba, ama kalkaalisada xejisashada kaadida iyo saxarada. Waxay kaa caawinayaan inay ka dhigaan in muruqyadaada sagxada miskuhu inay si sax u shaqeeyaan. Raga leh muruqyada sagxada miskaha ee daciifka ah waxay ka faa'iidi karaan tababarka muruqa sagxada misigta.

### SIDEE BAAN U SAMEEYAA TABABARKA MURUQA SAGXADA MISIGTA?

Hadda maadaama aad dareemeyso muruqyada shaqeynaya-

- Isu ururi oo soo jiid muruqyada ku hareeraysan marinkaaga danbe iyo ferjigaaga isku mar. KOR uga qaad gudaha. Waa inaad yeelataa dareen ah inaad "qaadis" ah wakhti kasta oo aad isu ururiso muruqyada sagxada miskahaaga. Iskudey inaad u qabato si xooggan oo dhuujisan ilaa intaad ka tirinayso 8. Hadda, siidaa oo nasano. Waa inaad leedahay dareen cad oo ah "siideyn".
- Ku celi "isu ururi oo kor u qaad" siidaana. Waxaa wanaagsan inaad nasato ilaa 8 ilbiriqsi qiyaastii inta u dhaxeysa markasta oo aad muruqyada kor u qaadid. Haddii aadan heyn karin ilaa 8, hay ilaa inta ugu badan ee aad awoodid.
- Tan ku celi "isu ururi oo kor u qaad" ilaa inta ugu badan ee aad awoodid, ilaa xad dhan 8 ilaa 12 isu ururino. Marka ugu horeysa ee aad bilowdo dhalida ilmahaaga waxaa laga yaabaa inaad jeclaato inaad ku bilowdo 3 isu soo ururino oo kaliya, iyo ka shaqeena wax intaas ka sii badan toddobaadyada ku xiga ee yar.
- Markaad xoogeysato, Iskuday inaad sameeyso siyaalaha ah 8 ilaa 12 isu ururino kiiba, iyadoo nasasho u dhaxeyso.
- Samee qorshahan tababarka oo dhan (saddex meelood oo min 8 ilaa 12 isu ururino ah) maalin kasta adoo jiifa, fadhiya ama taagan.

Markaad sameynayso tababarka muruqyada sagxada miskaha—

- Neeftaada HA iskucelin;
- Hoos HA isu riixin, isku ururi oo kaliya oo kor u qaad; iyo
- HA isku dhuujin dabadaada ama bowdyahaaga.





**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.

**U SAMEE SI TABABARKA MURUQA SAGXADA MISKAHAAGA**

Isu soo ururin yar oo wanaagsan ayaa ka fiican kuwo badan oo aan fiicneyn! Haddii aadan hubin in aadan u sameynaynin isusoo ururinta si fiican weydiiso caawimaad dhakhtarkaaga, fiisiyoterigaaga, ama kalkaalisada la taliyaha ceshadka kaadida iyo saxarada.

**KA DHIG TABABARKA QAYB KA MID AH NOLOL MAAMEEDKAAGA**

Mar haddii aad baratay sidii aad u sameyn lahayd isusoo ururinta muruqa sagxada miskaha, waa inaad sameysaa badanaa. Maalin kasta ayaa ugu fiican, adoo siineya isusoo ururin kasta dareenkaaga oo buuxa. Sameyso wakhti joogta ah oo aad sameyso isusoo ururinta muruqa sagxada miskaha. Tan waxaa laga yaabaa inay noqoto:

- musqusha aad;
- gacmahaaga dhaq;
- wax cab;
- ilmaha wax ka bedel;
- ilmaha wax sii; ama
- Qubeyso.

Waa fikrad wanaagsan inaad gasho caaddada nololeed ee dheer ee sameynta hal nooc oo ah jimicsiga muruqa sagxada miskaha wakhti kasta oo aad musqusha gasho, kadib markaad kaadido ama calooshaada furto.

**KA WARAN HADDII AYSAN WAXBA HAGAAGIN?**

Waxyeelada muruqa sagxada miskaha waxaa laga yaabaa inay qaadato ilaa lix bilood inay ka fiicnaanto. Haddii aynaan waxyaaluhu fiicnaan lix bilood ka dib, la hadal dhakhtarkaaga, fiisiyoteribaaga, kalkaalisada la tallinta ceshadka kaadida iyo saxada.

**SIDOO KALE WEYDII DHAKHTARKAGA WIXII CAAWIMO AH HADDII AAD OGAATO WAX KA MID AH KUWAN SOO SOCDA:**

- wixii kaadi ah ee kaa data;
- u cararida si aad u gashid musqusha, si aad u kaadid ama aad u furtid calooshaada;
- aadan awoodin inaad celisid markaad dooneysid;
- aadan awoodin inaad kontoroosho dhuusada;
- gubashada ama urka gudaha markaad kaadido; ama
- Cadaadis isasaarida si aad u bilowdid socodka kaadida.





## 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.

## RAADI CAAWIMO

Waxaa la helli karaa kalkaaliso caafimaad oo aqoon leh haddii aad wacdo Khadka caawimada Celinta Saxarada Qaranka tel: 1800 33 00 66\* (Isniinta ilaa Jimcaha, inta u dhexaysa 8.00 subaxii ilaa 8.00 fiidkii Waqtiga Bariga Australia) lacag la'aan.

- Macluumaad;
- Talo; iyo
- Xaashiyaha.

Haddii aad dhibaato ku qabto ku hadalka afka Ingiriiska ama fahamka waxaad raadsan kartaa Khadka Caawimada ee Adeega Afcelinta Telefoonka oo ah 13 14 50. Telefoonka waxaa lagaga jawaabi doonaa Ingiriis, sidaas darteed magacaw afka aad ku hadasho kuna sug telefoonka. Waxaa lagugu xiri doona mutarjum ku hadla afkaaga. U sheeg mutarjumka inaad doonayso inaad Khadka Caawimada Celinta Saxarada Qaranka oo ah 1800 33 00 66. Ku sug telefoonka in lagugu xiri waxaana ku caawimi doona mutarjum si aad ula hadasho Lataliyaha Kalkaalisada caafimaadka. Dhamaan wicidu waa qarsoodi.

Booqo websaytka [bladderbowel.gov.au](http://bladderbowel.gov.au) ama [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Telefoonada laga soo diro telefoonka waxaa la iska qaada qiima aad sarreeya.