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.
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.

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.

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
  - make sure your bladder is empty after going to the toilet.

KA KHAWMRUH TAKSA TTHAWNNAK NIH ZEIDAH A TUAH?

Khawmruh hmanthlak kan langhtermi kha zoh. Khawmruh taksa tthawnnak nih thil tampi a tuah, mahhna cu:

- zunthil khar a bawmh, chu (hmailei) in a chuahnak le taw (hnulei) in a chuahnak; cun
- zunthil, nauinn le ekril an mah le hmun ah an umnakding zong a bawmh.

FA KA NGEI HNUAH KA KHAWMRUH TAKSA TTHAWNNAK A DER AHCUN ZEIDAH A CANG LAI?

- Na khuh, hat-thio, thil cawi, nih asiloah eksasai na tuah tikah na zun naa thloh kho.
- Voih sum khawh lo zong in na um kho.
- Zunzun asiloah ekek na duh tik zongah sum kho lo in rengleitein kal na herh kho.
- Na zunthil, nauinn asiloah ekril thatein bawmtu ngei lo in an um kho. Bawmtu thatein an ngei lo ahcun khawmruh chungril pakhatkhpat asiloah pakhatnakh tam zong na chu leiah an tla kho. Mah kha khawmruh chungril tlaknak/umlonak hmun ah umnak (pelvic organ prolapse) tiah aub a si. Mah kha khawmruh chungril tlaknak/umlonak hmun ah umnak kha nu pawl nih an ton lengmangmi a si i Australia ah nu pahra ah pakhat nih an ton.

MAH THIL PAWL A CANLONAK DING CAAH ZEIDAH KA TUAH LAI?

- Na khawmruh taksa tthawnnak caah eksasai tuahpiak (tuahning a hnudeuh ah kan in chimh lai).
- Zunzun le eeknek caah a thami zulphhung ngei:
  - thingthei le tisik-anhnah eii;
  - nikhat ah ti litre 1.5 in 2 kar ding
  - ‘ka zun chuahaual ah’ ti in zunputah kal hlah zeicahtiah na zunthil nih a zawi kawhmi kha a tlawmtor khawh; cun
  - zunput na kal hnu ah na zunthil ah zun taanter hlah.
- 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.

THAZAANG A DERMI KA KHAWMRUH TAKSA ZEITINDAH KA TTHAWNTER KHAWH LAI?


- Na hat-thio, khuh, hnap naa hnh asiloah pakhatkhat na cawil hlanah na khawmruh taksa kha reng, cawil law cawlloding in tuah.
- Na khuh asiloah hat-thio lai ah na ke pakhat kha adang pakhat cungah chuang law fek tein reng.
- Thilrit cawi-thliar tikah pakhatkhat he i bawm uh.
- Na ek tikah a dih hlanah ngawl hlah.
- Ihlahw a simi eksasai tuah hlah.
- Zan khat ah voikhat zunthawh cu a thami a si ko – sihmanhsehlaw nau kong ah ka thawh pah in tiah zunput ah kal hlah.
- Eksasai tuahnak in na khawmruh tthawnnak taksa kha thawnter.

KA KHAWMRUH TAKSA PAWL CU KHUAIKADAH AN UM?

A hramthawk bik tuah a herhmi cu zei taksa dah thawnter le eksasai tuahpiak a herh timi kawl a si.
1. Na phei, tawk le paw taksa pawl hmgang in siaremtein tthu asiloah zau.

ONE IN THREE WOMEN WHO EVER HAD A BABY WET THEMSELVES

FA A NGEI CANGMI NU PATHUM AH PAKHAT NIH AN ZUN AN I THLOH
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. Zunzun dingah zunput na thtuh tikah na zun loioh khan vun ngawl, cun vun zung tthan. Mah kha cu zei taksa hman ahdah a that ti hngalhnak ca lawngah tuah law – zarh khat volkhat lawng tuah. Zunzun pah ah ngawl le zun tthan kha mahnak tamdeuh na tuah ahcun na zunthil nih zun kha a thletding sining in a thle lai lo.

Na khamruruh taksa “rengh le cawinak” kha fiaigtiein na in na hiilah khwaw lo, asloah acung i 3 nak langthermi bantuk in na zun pah ah na ngawl na peh tthan klawh lo ahcun na sibawai, ruh le taksa damnak thlopbuhl thiammi (physiotherapist) asloah zun le ek thlohnan kong he pehtlai in ruahhhak petu sii saya/mah sinah bawmhnak hal hna. An mah nih na khamruruh taksa thawhhnak thatein rian a tuanding an in bawmh lai. Khamruruh taksa a derthawm ngaimi nu pawl hmanh khamruruh taksa thawhnnak eksasai tuahh kha thathnemnak a pek hna.

**KHAWMRUH TAKSA TTHAWNNAK CAAh EKSASAI CU ZEITIN KA TUAH LAI?**

Atu cu na taksa pawl rian an tuan na hngalh klawh cang i -

1. Na ekril, na nau chuahhna la le na zunzunnak pawng i taksa pawl kha voikhat te ah vun reng hna. A chungleih ah vun CAWI hna. Na khamruruh taksa na rengh fatin na chungleih in aa “cawimi” a um kha na hngalh awk a si. Thawhngngai le fekngai in vun reng law voi 8 tiang rel. Cun, vun thlah law thadam tein um. Na “vun thlah” mi kha fiaigtiein na pum nih a hngalhding a si.

2. (Rengh le cawi) kha tuah tthan law thla tuah. Mah taksa cawinak eksasai na tuah pakhat le pakhat karah second 8 idinh kha a thabik. Second 8 tiang na rengh le cawi klawh lo ahcun na tuah klawh zat khan tuah ko.

3. Mah “rengh le cawi” eksasai kha na tuah klawh zat in tuah, voikhat tuah ah second 8 in 12 tiang na tuah klawh. Fa na neieih ka ahcun second 3 renghnak tuahh nak in thawk law zarh lawmpal hnuah sau deuh tuah i zuam.

4. Na vun thawn deuh cun voikhat tuah ah second 8 le 12 kar in voi thum tuah i zuam law a karliak ah i din.

5. Mah eksasai tuahh nak (second 8 le 12 kar in voi thum tuah) kha nifatin na zaubu, ththbu asloah dirbu in tuah.

Na khamruruh taksa thawhhnak caah eksasai na tuah tikah -

- Na thaw phit HLHA;
- Atangleih ah thla HLHA, rengh le cawi lawng tuah; cun
- Na tawk le peh pawl kha reng HLHA.
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.

EKASAI TUAHNAK KA NIFATIN NA TUAHDING PHUNKHAT AH RUAT

Khawmruh taksa thhawnnak caah eksasai tuahning tthatein na thiam hnu cun na tuah lengmang ding a si cang. Nifatin tuah ah a thhabik, rengnakh eksasai na tuah tikah na lungtak in tuah. Khawmruh taksa rengnakh eksasai tuah caan pawl tthatein negi. Na tuah khawh caan pawl cu:
- zunput na kal;
- na kut naa ttawl;
- pakhatkhat na din;
- nau zun-ek asiloah a thil na thlen;
- nau rawl na pek; asiloah
- ti naa kholh.

Zunput ah zunzun dih le ekek dih fatin khawmruh taksa thhawnnak caah eksasai tuah ilem ter kha nunchung caah a tthami a si.

KA SINING A TTHAT HLEI LO AHTAH?

Khawmruh taksa a rawkm tthatdeuh thhannak caah thla ruk hrawng a rau kho. Thla ruk hnuah a tthat hlei lo ahcun na siibawi, ruh le taksa damnak thlobbulh thiammi (physiotherapist) asiloah zun le ek thlohnak kong he pehtlai in ruahnak petu sii saya/mah sinah bawmhnakh hal hna.

ATANGLEI SINING PAKHATKHAT NA NGEIH ZONGAH NA SIIBAWI SINAH BAWMHNAK HAL:
- zun naa thloh;
- zunzun duh asiloah ekek duh tikah zawkwzawk in zunput kal na herh;
- sum na duh zongah naa sum khawh lo;
- voih zong naa sum khawh lo;
- na zun tikah a chunglei in a linh asiloah a fah; asiloah
- zunzun lio ah ngawl ta, cun zunzhan na herh.
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.

BAWMHNAK HAL

Rampumpi caah Zun-Ek Thlohnak Kong Bawmhhhalnak (National Continence Helpline) kha (Nikhatni in Ningani tiang, zinglei 8:00 le zan 8:00 kar, Australia Nichuahlei Caan) 1800 33 00 66* ah chawnh i a lak in a thiammi sii saya/mah te sinah bawmhnak hal khawh a si:

- A konglam;
- Ruahnak cheuhnak; le
- Ca an chuahmi pawl.

Mirang holh na chim thiam lo asiloah a sullam na hngalh lo ahcun a lak in Telephone Holhlehnak 13 14 50 ah chawn hmasa in Bawmhhhalnak chawnh khawh a si. Telephone an tlaih tikah Mirang holh in an in chawnh lai, zaangfahnak in na holh min kha chim hna law phone kha tlai peng. Na holh thiammi holhlettu an in auhpiak lai. Holhlettu kha Rampumpi caah Zun-Ek Thlohnak Kong Bawmhhhalnak (National Continence Helpline) 1800 33 00 66 ah chawnh ka duh tiah chim. An in auhpiak tiang telephone kha tlai peng law holhlettu nih zun-ek thloh kong ah ruahnak petu sii saya/mah he chawnh an bawmh lai. Chawnhmi vialte caah pumpak kong kilven piak a si.

bladderbowel.gov.au asiloah continence.org.au/other-languages ah zoh

* mobile telephones in na chawnh ahcun na telephone company nih chawnh man an khiahning in na liam a hau.

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