

## Frequently Asked Questions: Bowel

**Q: I have been straining to pass a motion – how can I go more easily?**

**A:** Passing a motion is a complex business. Regular meals, drinking 8-10 cups or glasses of fluid, being able to sit comfortably on the toilet with feet supported are all important. An assessment would identify why this has become a problem, and specific things that could be tried. Keeping a record of meals, fluid and the type of motion passed (using the Bristol Stool Chart) will aid the diagnosis

**Q: Why did the nurse say I am 'bunged up' when I am leaking from my back passage?**

**A:** If the bowel has not emptied for a few days the faecal matter can form a partial plug giving the symptoms of constipation. Leakage can occur as liquid seeps around the plug of faeces.

**Q: I've seen blood in my stools – what should I do?**

**A:** A small amount of blood can be due to a bleeding pile or haemorrhoid. As blood can also be a symptom of bowel cancer it is important to speak to your GP so a correct diagnosis can be made