



Men After Prostate Surgery

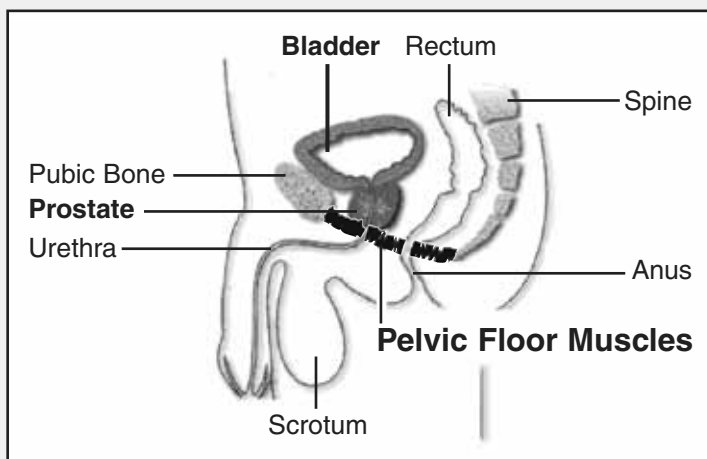
PELVIC FLOOR EXERCISES

For men taking part in the MAPS Study

Please take time to read this information leaflet and discuss it with your therapist if you wish. Do not hesitate to contact us if there is anything you do not understand or if you would like more information.

The Pelvic Floor

The pelvic floor is made up of **muscles** which hold the bladder and bowel in place. The pelvic floor muscles help to stop leaks from the bladder and bowel.



After prostate surgery some men leak urine. Exercises may help. These exercises are called **PELVIC FLOOR EXERCISES**. They may help prevent urine from leaking.

Pelvic floor exercises

Please practise these exercises (numbered 1 to 3) every day

- one set in the morning, and
- one set in the afternoon or evening

1 Lying down

- Lie on your back with your knees bent, and your feet comfortably apart on the bed.
- Tighten (contract) your pelvic floor as if you are trying to stop wind escaping.
- Hold the pelvic floor contraction as **strongly** as you can.
- Try to avoid holding your breath, pulling in your abdomen or tensing your buttocks.

Perform 3 strong contractions lying down. Hold each one for seconds.

2 Sitting

- Sit on a chair with your knees apart.
- Tighten (contract) your pelvic floor as if you are trying to stop wind escaping.
- Hold the pelvic floor contraction as **strongly** as you can.
- Try to avoid holding your breath, pulling in your abdomen or tensing your buttocks.

Perform 3 strong contractions sitting down. Hold each one for seconds.

3 Standing

- Stand with your feet apart. Tighten your pelvic floor **strongly**. You should see the base of your penis move in and your testicles lift.
- Try to avoid holding your breath, pulling in your abdomen or tensing your buttocks.

Perform 3 strong contractions while standing. Hold each one for seconds.

During other activities

- **while walking**
Tighten your pelvic floor a little while you are walking.
- **after urinating**
Tighten your pelvic floor **strongly** to 'squeeze out' the last few drops before leaving the toilet.
- **during sexual activity**
Tighten your pelvic floor to help keep the penis firm.

Important tip

Tighten your pelvic floor quickly just before and during activities such as:

- coughing
- sneezing
- lifting
- shouting
- rising from sitting.

Do your exercises regularly to keep your pelvic floor strong

Suppressing the urge

Some men have a sudden strong urge to urinate and feel they have to rush to the toilet. They may leak urine after they feel this urge. Most men can overcome this urge using the following tips.

- 1 Stay CALM** (panic makes things worse)
- 2 Sit down or stand still for ONE MINUTE** until the urge disappears
- 3 THINK** of something to distract your thoughts
- 4 Try NOT to rush to the toilet** when you feel the urge
- 5 Continue normal activity** or visit the toilet once the urge has disappeared

You are trying to train your bladder to hold more urine. Some people find that it helps to drink less caffeine (coffee, cola, tea).

With practice you will overcome the urge...and the need to urinate so often.

Bladder training is a method of controlling the bladder instead of the bladder controlling you.

Thank you for reading this

MAPS Study Office
Health Services Research Unit
University of Aberdeen
Polwarth Building, Foresterhill
Aberdeen, AB25 2ZD

Tel: 01224 551103
Fax: 01224 554580
Email: maps@abdn.ac.uk

Version 3 January 2005