

# Pelvic floor cheatsheet for teens

Think the pelvic floor is a mum thing, think again. All teenagers need to know about their pelvic floor. Why? Because you've all got one.

In fact, everybody has a pelvic floor and you can't replace it, unlike your teeth (which you take impeccable daily care of, right?).

It's unlikely that anyone has ever talked to you about your pelvic floor which is why this cheatsheet is a MUST have for all teens.

## Do you know where or what your pelvic floor is?

The pelvic floor is simply a hammock of muscles and ligaments that sit across the bottom of the pelvis.



1. Pubic bone
2. Bladder
3. Uterus
4. Bowel
5. **Pelvic floor**
6. Urethra
7. Anus
8. Spine
9. Coccyx



## Do you know what it should do?

The pelvic floor holds the pelvic organs in place, but it also controls bladder, bowel functions and keeps you dry when there is an increase in pressure caused by laughing, coughing, sneezing or sport.





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## **How many times a day should you go to the toilet for a wee?**

The amount of times you urinate varies person to person. Generally, healthy individuals will wee around...

**6-7** times a day every **3-4** hours

(so not just using the toilet at home). This is all supported by your pelvic floor.

## **How many times a day should you empty your bowels?**

You should empty your bowels (do a poo) 1-2 times per day. You should get an urge to go and not have to push too hard, no blood should come out. If you see blood in your poo please see your GP.

## **What should your faeces (poo!) look like?**

Healthy stools are typically brown and well-formed, resembling a sausage or a snake. They should be easy to pass and not too hard or too loose. Although the form of your poo can change for a whole host of reasons including hormones, stress, hydration, fibre intake - this is totally normal. But your usual poo should be sausage shaped. Check out this really helpful [infographic](#).

## **Should you leak urine when laughing or coughing when doing sport?**

No, it's not normal to experience urine leakage during activities like laughing, coughing, or exercising. This could indicate weak or (or the opposite of an overly tight) pelvic floor muscles. The key is not to panic or stop playing sport, but go and talk to your GP.





## Should you ever have such a big urge to go to the toilet that you can't hold on?

Having a sudden, strong urge to urinate or do a poo is common and can be quite stressful so if this is happening to you talk to your doctor.

## If you do experience leaking or are in pain in your pelvis, who can you ask for help?

You can seek help from your GP, they may refer you to some other specialists like a pelvic floor physical therapist who will be able to help.

## Is there anything that you can do to help with your pelvic floor?

Yes there's lots:

- Do a poo every day
- Eat plenty of fibre and drink water (whole grain, nuts, fruit & veg)
- Relax your pelvic floor
- Check out our [FAQ section](#)

*\*If you are unsure of any of the answers to the above questions make sure to check out the pelvic floor resources [here](#).*

