





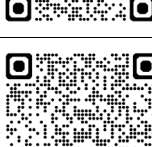





Resources for patient to self-manage bowel dysfunction:

Improving your bowel function - POGP	Improving Your Bowel Function POGP (thepogp.co.uk)	
Constipation in adults – Bladder and Bowel UK	SCR Constipation in adults (bbuk.org.uk)	
Diet and healthy bowels in adults – Bladder and Bowel UK	SCR Getting enough fibre for healthy bowels in adults (bbuk.org.uk)	
Fibre – The Association of UK dietician	Fibre - British Dietetic Association (BDA)	
Irritable bowel syndrome (IBS) and diet – The Association of UK dietician	Irritable bowel syndrome (IBS) and diet - British Dietetic Association (BDA)	
All about macrogol laxatives – Bladder and Bowel UK	SCR Discussing Macrogol Laxatives (bbuk.org.uk)	
Bowel incontinence – Bladder and Bowel UK	SCR Bowel incontinence (bbuk.org.uk)	
Information for patients taking loperamide (Imodium) – Dorchester County Hospital	Information-for-Patients-taking-Loperamide-Imodium-Jan-2024.pdf (dchft.nhs.uk)	
Wheat free diet	Wheat free diet - British Dietetic Association (BDA)	

Pelvic floor muscle exercises for women - POGP	Pelvic Floor Muscle Exercises (for women) POGP (thepogp.co.uk)	
Pelvic floor muscle exercises for men – POGP	Pelvic Floor Muscle Exercises (for men) POGP (thepogp.co.uk)	