



# 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

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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.

Fa pakhat lawng a ngeimi nu pawl i an zun an i thloh le mahtein an i cinter khawhnak cu fa pakhat hmanh a ngei rih lomi nu pawl nakin let thum in a tam deuh. Fa tamdeuh na ngeih paohah na zun naa thlohnak le naa cinter khawhnak a tam deuh.

## ZEIRUANGAHDAAH FA NGEIH HNUAH NA ZUN NAA THLOH?

Nau a chuahnak lam in a vun chuah pah ah zunthil a khar tertu taksa tthawnnak le thihri pawl kha a kaam hna. Mah pawl kha khawmruh taksa tthawnnak (pelvic floor muscles) tiah auh an si. A chelchel ahcun thader in an um tawn i zunthil tthatein an khar khawh lo ruangah zun thlohnak a chuahpi tawn. Na khuh, hat-thio, thilcawi asiloah eksasai na tuah tikah zun thlohnak a chuak khun. Nau ngeihnak in zunthil khawn le fah cu a har, sihmanhsehlaw taksa le thihri pawl khawndennak a chuak kho i na taksa a tthawn tthan khawhnak lai khawmruh taksa tthawnnak eksasai na tuah a hau.

## MAH ZUN THLOHNAK CU A MAHTEIN A DAM LAI MAW?

Zunthloh na hman i na daithlanh ahcun a mahtein a dam lai lo. Na khawmruh taksa tthawng tthan ding in naa zuam le na tuah ahcun zunthloh na hmanmi a dam kho. Fa na ngeih dih fatin na khawmruh taksa tthawng tthan ding in na tuah lo ahcun zunthloh hram naa thawk kho zeicahtiah na khawmruh taksa tthawnnak cu na kum a upat deuh ah a der deuh ve.

## KA ZUNTHIL ZEITINDAH RIAN A TTUAN?

Zunthil cu taksa in sermi bawm phunkhat a si. Kal pahnih in a rami ti kha a khon i atlawm bik hrai khat le cheu in hrai hnih (300 in 400mls) tiang zun a zawi khawh. Zunthil a kua zawn cu khawmruh taksa tthawnnak hmang in a pihpiak. Na zunthil a khah i zunzun duhah zunput na tthut tikah khawmruh taksa kha a hun i na zunthil chung i zun pawl kha a chuah. Mah tikhan zunthil "khah le chuahnak" kha aa pehtthan lengmang.

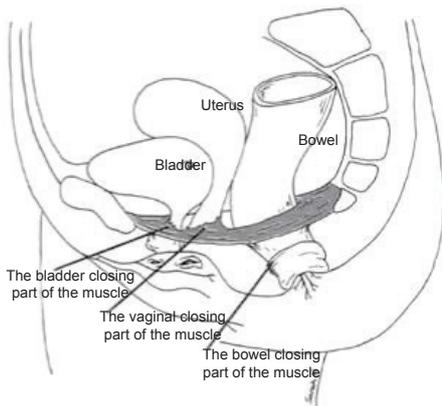




**WHAT DO MY PELVIC FLOOR MUSCLES DO?**

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.

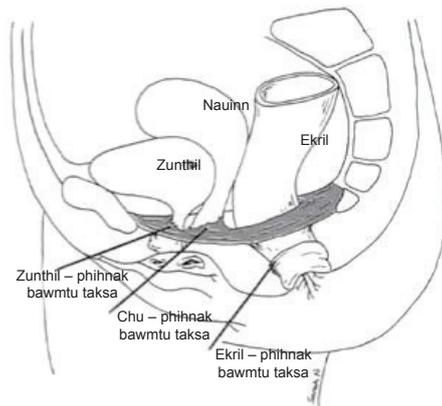
**WHAT CAN I DO TO STOP THESE THINGS FROM HAPPENING?**

- 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?**

Khawmrüh hmanthlak kan langhtermi kha zoh. Khawmrüh 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 ekiril an mah le hmun ah an umnakding zong a bawmh.



**FA KA NGEIH 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 rengtein kal na herh kho.
- Na zunthil, nauinn asiloah ekiril tthatein bawmtu ngei lo in an um kho. Bawmtu tthatein an ngeih lo ahcun khawmrüh chungril pakhatkhat asiloah pakhatnak tam zong na chu leiah an tla kho. Mah kha khawmrüh chungril tlaknak/umlonak hmun ah umnak (pelvic organ prolapse) tiah auh a si. Mah kha khawmrüh 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 khawmrüh taksa tthawnnak caah eksasai tuahpiak (tuahning a hnudeuh ah kan in chimh lai).
- Zunzun le ekeknak caah a tthami zultphung ngei:
  - thingthei le tisik-anhah ei;
  - nikhat ah ti litre 1.5 in 2 kar ding
  - 'ka zun chuahsual ah' ti in zunput ah kal hlah zeicahtiah na zunthil nih a zawi khawhmi kha a tlawmter khawh; cun
  - zunput na kal hnu ah na zunthil ah zun taanter hlah.





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- 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.

- Na ek tikah na khawmruh tthawnnak taksa kha kilven piak. A tthami zunput tthutning cu na phei cungah na kiu tang kut kha chia, na ke kha zunput he neih tein chia law na kedil cawi. Na khawmruh tthawnnak taksa dinhter law duhsahtein seng.
- Na thau le der kha na khan le kum sining he aa tlakmi siter.

## 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.

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

Nau na ngeihnak nih na khawmruh taksa kha a kam khawh. Nau na ngeih hnu zarh tlawmpal chung i 'sennak asiloah atanglei namnak' na tuahmi pakhatkhat paoh nih na khawmruh taksa pawl kha a kam ter tthan khawh. Na khawmruh taksa tthawnnak kilvennak caah sennak asiloah atanglei namnak hrialnak in na bawmh khawh. An bawmtu ding ah zulh le tuahding a tthami ka hin kan ttial.

- Na hat-thio, khuh, hnap naa hnih asiloah pakhatkhat na cawi hlanah na khawmruh taksa kha reng, cawi 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.
- Ihlawh a simi eksasai tuah hlah.
- Zan khat ah voikhat zunthawh cu a tthami a si ko – sihmanhsehlaw nau kong ah ka thawh pah in tiah zunput ah kal hlah.
- Eksasai tuahnak in na khawmruh tthawnnak taksa kha tthawnter.

## 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.

## KA KHAWMRUH TAKSA PAWL CU KHUAIKADAH AN UM?

A hramthawk bik tuah a herhmi cu ze i taksa dah tthawnter le eksasai tuahpiak a herh timi kawl a si.

1. Na phei, ttawk le paw taksa pawl hmang in siaremtein tthu asiloah zau.
2. Voih naa sum tik i na tawfi na phih bantuk khan na tawfi reng law phit. Mah dih khan vun thlah tthan. Eksasai tuahpiak ding taksa ka hmuh cang ti na fian tiang mah ti i reng le thlah kha voihnih hrawng tuah. Na ttawk reng lo ding in i zuam.





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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 tthut tikah na zun loah khan vun ngawl, cun vun zung tthan. Mah kha cu zei taksa hman ahdah a tthat ti hngalhnak ca lawngah tuah law – zarh khat voikhat 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 khawmruh taksa "reng le cawinak" kha fiangtein na in na hlah khawh lo, asiloah acung i 3 nak langhtermi bantuk in na zun pah ah na ngawl na peh tthan khawh lo ahcun na siibawi, ruh le taksa damnak thlopbulh thiammi (physiotherapist) asiloah zun le ek thlohnak kong he pehtlai in ruahnak petu sii saya/mah sinah bawmhnak hal hna. An mah nih na khawmruh taksa tthawnnak tthatein rian a ttuanding an in bawmh lai. Khawmruh taksa a derthawm ngaimi nu pawl hmanh khawmruh taksa tthawnnak eksasai tuahnak nih tthathnemnak a pek hna.

## KHAWMRUH TAKSA TTHAWNNAK CAAH EKSASAI CU ZEITIN KA TUAH LAI?

Atu cu na taksa pawl rian an ttuan na hngalh khawh cang i -

1. Na ekril, na nau chuahnak lam le na zunzunnak pawng i taksa pawl kha voikhat te ah vun reng hna. A chunglei ah vun CAWI hna. Na khawmruh taksa na rengh fatin na chunglei in aa "cawimi" a um kha na hngalh awk a si. Tthawngngai le fekngai in vun reng law voi 8 tiang rel. Cun, vun thlah law thadam tein um. Na "vun thlah" mi kha fiangtein na pum nih a hngalhdng a si.
2. (Rengh le cawi) kha tuah tthan law thla tthan. Mah taksa cawinak eksasai na tuah pakhat le pakhat karah second 8 idinh kha a tthabik. Second 8 tiang na rengh le cawi khawh lo ahcun na tuah khawh zat khan tuah ko.
3. Mah "rengh le cawi" eksasai kha na tuah khawh zat in tuah, voikhat tuah ah second 8 in 12 tiang na tuah khawh. Fa na ngeih ka ahcun second 3 renghnak tuahnak in thawk law zarh tlawmpal hnuah sau deuh tuah i zuam.
4. Na vun tthawn deuh cun voikhat tuah ah second 8 le 12 kar in voi thum tuah i zuam law a karlak ah i din.
5. Mah eksasai tuahnak (second 8 le 12 kar in voi thum tuah) kha nifatin na zaubu, tthutbu asiloah dirbu in tuah.

Na khawmruh taksa tthawnnak caah eksasai na tuah tikah -

- Na thaw phit HLAH;
- Atanglei ah thla HLAH, rengh le cawi lawng tuah; cun
- Na ttawk le pheh pawl kha reng HLAH.





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## 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.

## KHAWMRUH TAKSA TTHAWNNAK CAAH EKSASAI TTHATEIN TUAH

Lungthin-cheu lawng bunh i rengnnaek eksasai tampi tuahnaek i biatak le tthatein voi tlawmdeuh tuahmi eksasai a tthadeuh! Rengnnaek eksasai na tuahning a hman le hman lo na fian lo ahcun na siibawi, ruh le taksa damnak thlopbulh thiammi (physiotherapist) asiloah zun le ek thlohnak kong he pehtlai in ruahnak petu sii saya/mah sinah bawmhnak hal hna.

## EKSASAI TUAHNAK KHA NIFATIN NA TUAHDING PHUNKHAT AH RUAT

Khawmruh taksa tthawnnak caah eksasai tuahning tthatein na thiam hnu cun na tuah lengmang ding a si cang. Nifatin tuah ah a tthabik, rengnnaek eksasai na tuah tikah na lungtak in tuah. Khawmruh taksa rengnnaek eksasai tuah caan pawl tthatein ngei. 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 tthawnnak caah eksasai tuah ilem ter kha nunchung caah a tthami a si.

## KA SINING A TTHAT HLEI LO AHTAH?

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

## ATANGLEI SINING PAKHATKHAH NA NGEIH ZONGAH NA SIIBAWI SINAH BAWMHNNAK HAL:

- zun naa thloh;
- zunzun duh asiloah ekek duh tikah zawkzawk 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 zuntthan 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](http://bladderbowel.gov.au) or [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Calls from mobile telephones are charged at applicable rates.

**BAWMHNAK HAL**

Rampumpi caah Zun-Ek Thlohnak Kong Bawmhhalnak (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 bawmhna 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 Bawmhhalnak 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 Bawmhhalnak (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](http://bladderbowel.gov.au) asiloah [continence.org.au/other-languages](http://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.

