

## Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: [www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

### Tell us what you think

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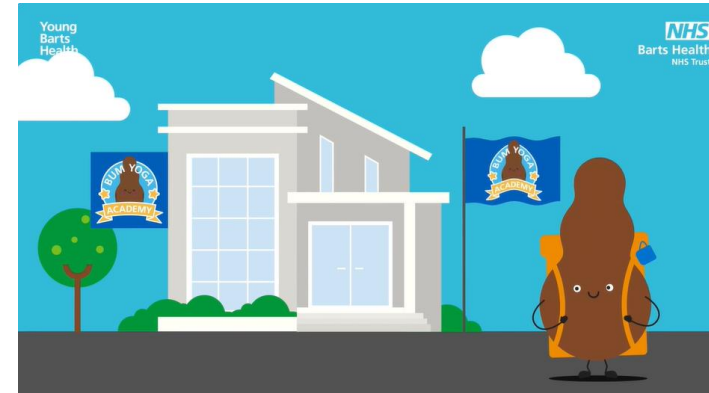
Leave feedback on NHS Choices [www.nhs.uk](http://www.nhs.uk)

Reference: BH/PIN/1029

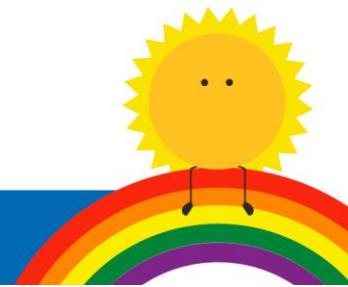
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All our patient information leaflets are reviewed every three years.

# Bowel School ('bum yoga') Biofeedback Exercises



## Children's Anorectal Physiology Service (CAPS)



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## Questions/Notes

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### Acknowledgements:

Children's Anorectal Physiology Service (CAPS):  
Eleni Athanasakos, Stewart Cleeve,  
Lindsay Huxter and Alexandra Bache

To all the children who volunteered to share their  
time and thoughts in creating this video.



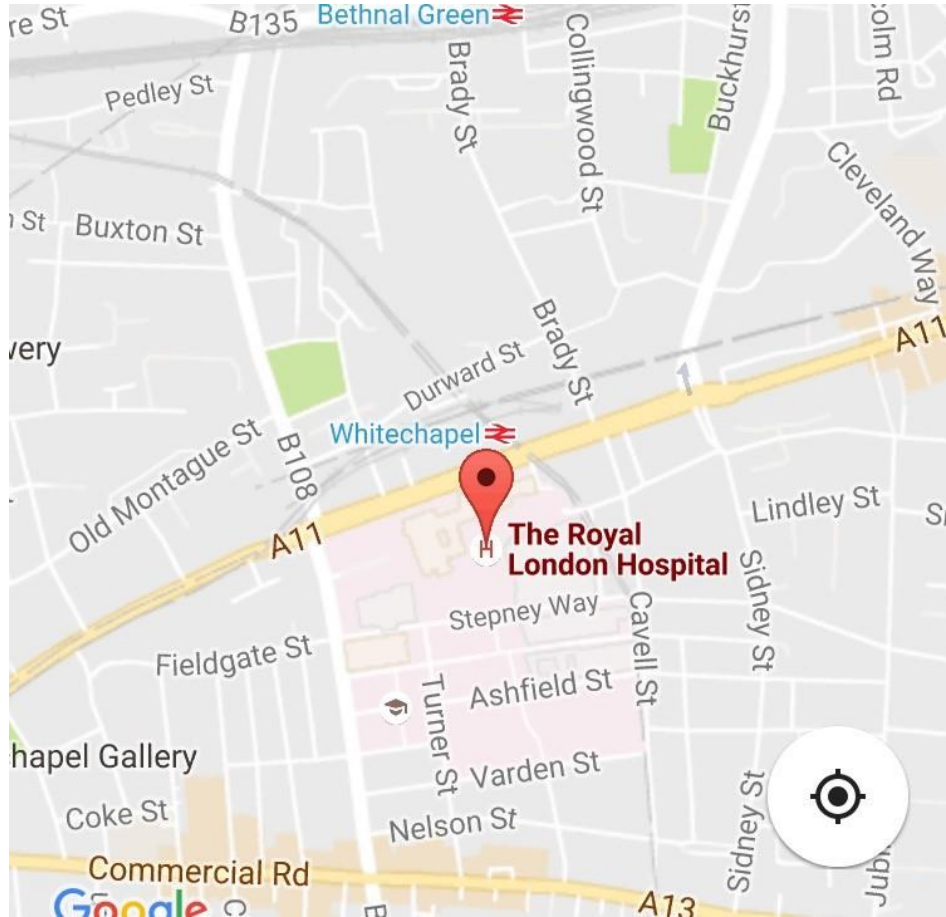
Scan to watch a  
video about the test



### Authors

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## Map for Royal London Hospital



### Introduction

Your doctor has arranged for your child to have bowel exercises (called 'biofeedback') to help your child go to the toilet. We call this treatment: 'bowel school' or 'bum yoga'. This leaflet is intended to answer some of the questions you may have about your child's forthcoming appointment for managing their bowel symptoms.

### Some questions that you may have

#### Q: Who is bowel school for?

The service is provided for children who have bowel problems. Having this condition means that your bowel does not work properly, this usually leads to problems such as:

- Constipation
- Difficulty emptying the bowel
- Needing to rush to the toilet
- Losing control of the bowel
- Pain when going to the toilet
- Abdominal pain

#### Q: What are the aims of the aims of bowel school?

- To improve your child's bowel symptoms
- To prevent your child's problems from worsening
- To provide advice and information to help you and your child understand their condition
- To help your child acquire practical skills and strategies to cope effectively with their bowel problem
- Use special exercises ('bum yoga') to retrain your child's bowel habit.

### **Q: Will bowel school improve my child's condition?**

This treatment which is often called 'biofeedback' or 'bowel retraining' in adults has 70% improvement in their symptoms. They feel they can manage their bowel problems more effectively and improve their daily quality of life.

This treatment has been used in children with bladder symptoms with similar improvement, thus it is not unusual to use these for bowel symptoms.

In order to achieve the best results, your child needs to follow the agreed plan and put into practice the advice and exercises your child has been given to perform at home.

We will give you all the information, exercises, and advice your child needs to put them back in control of their bowel condition and they will need to continue with these new habits for life. This may seem like hard work, but most people find the effort and commitment are worthwhile as their symptoms improve and their bowel no longer controls their life.

A small proportion of people find that, despite their best efforts, they do not benefit from the plan and continue to have bowel problems which affect their daily life. If this happens, your child will be referred back to your child's consultant in their usual outpatient clinic where other treatment options will be discussed.

### **Practice makes perfect!**

As part of the bowel school plan, we will give your child bottom muscles ('pelvic floor') exercises to practise at home after your appointment with us. Like all muscles in our body, the pelvic floor muscles need regular exercising to stay strong – they quickly weaken if they are not exercised. Your child will find the exercises much easier to complete if you are encouraging – perhaps do the exercises together every day. Remember that you can do pelvic floor exercises wherever and whenever convenient for your child.

### **How to find us?**

#### **By Rail**

The nearest mainline station is Liverpool Street.

#### **By Underground**

The nearest underground station is **Whitechapel**, which is directly opposite the hospital's main entrance (**District, Hammersmith & City** and **East London** lines).

#### **By Bus**

Routes **25, 106, 115, 205, 253, 254** and **D3** stop directly outside or close to the hospital.

#### **Car parking**

There is no dedicated car parking facilities for patients or visitors. However, there are a small number of public parking spaces for people with disabilities outside the hospital in Stepney Way. Metered parking bays are in operation in the streets surrounding the hospital.

## Contact details

This information leaflet tells you about bowel school which your child will be having, but if you have read the leaflet and have any queries, please contact CAPS.

## Children's Anorectal Physiology Service (CAPS)

Postal Address:

Children's Anorectal Physiology Service

Dr Eleni Athanasakos

c/o Paediatric Surgery Secretary

7th Floor

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## Finding CAPS

From the main reception, go to Lift 9 and press Level 6. Take lift to level 6 and come to Outpatients Clinic 1 and the receptionist will direct you to the waiting area.



## Q: What will happen when your child comes for treatment?

Your child's appointment will take about 1-2 hours. Your child's biofeedback treatment will be discussed on the day. Your child will be asked to fill out some questionnaires and a bowel diary during this appointment, relating to your child's bowels condition. If they need help with any questions, they can ask us.

We will then explain the bowel management plan to you and your child, and you will be asked for written informed consent giving us permission to proceed with the plan. Although there are no risks involved in performing the treatment, some patients may find they have some mild discomfort. Your child will be given a bowel preparation (e.g. enema) if needed and be directed to the room where the test is undertaken

We will then work with your child to demonstrate with our special biofeedback machine how to perform the exercises. We will use the same anorectal physiology probe that was used in the past to assess your child's bottom muscles, but this time with your child facing the monitor to understand what is and what isn't working with the bowel. Your child will then be asked to remove some of their clothing so that they are lying on their left side, on a couch, with their bottom exposed. A small probe (2mm thick) attached with a small party balloon will be inserted into their anal canal to take the measurements. Gel is used to make this more comfortable, but the probes are no bigger than your little finger and no anaesthetic is required. Your child may be asked to squeeze their muscles and learn how to push and feel different types of sensations, while looking at the screen. They will also have a cartoon to see if they are doing the exercises correctly.

We will then develop a management plan to improve your child's bowel function. You and your child will be given 'homework' to perform the exercises you learnt with us at home. The plan will be devised specifically for your child. It can include any of the following, depending on your particular needs:

- Medication modification
- Advice on lifestyle changes to improve bowel function
- Exercises ('bum yoga' for effective emptying, and to strengthen the bottom muscles).

Follow-up appointments are scheduled after 6 weeks either in person or via the telephone which will last for 30 minutes. Your child's progress will be discussed, answer any questions, and then modify your child's plan, if this is required.

**Q: How often will I need to visit the service?**

Everyone is slightly different as the plan is developed specifically for you. Half of the people who come to us do so just once or twice, but others need more sessions. The actual number depends on your child's progress and the improvement in their bowel symptoms.

**Q: Does your child need to do anything before his/her first appointment?**

Your child does not need to have any special preparation before they come. He/she can eat and drink normally, continue with their usual medication, including their usual bowel medication routine. After your child's appointment, he/she can resume his/her normal day.

**Q: Are there any risks of having this treatment?**

No. Your child will not come to any harm when he/she follows his/her bowel school plan. Any possible discomfort associated with this treatment will be discussed before starting. However, although having a small tube inserted into his/her back passage may feel uncomfortable and strange, there are no risks or adverse effects from the treatment. The exercises and advice your child will be following at bowel school are safe and have no known side effects.

**Q: Where will my child's appointment take place?**

The appointment will take place in the Paediatric part of the Royal London Hospital, at Ward 7C. When you arrive at the hospital

main reception you take Lift 9, press level 7 and signs will be posted as to where Ward 7C is.

**Q: Who will be involved in your child's bowel school plan?**

The Children's Anorectal Physiology Service (CAPS) includes different types of trained medical professionals for these types of tests and treatments. These will include the following professionals:

- Paediatric Clinical Scientist
- Clinical Nurse Specialists
- Health Play Specialist.
- You and your child

**Q: What should we expect after the treatment?**

After the treatment, your child may feel some discomfort but this eases on the day soon after. You and your child will be able to travel home and continue with his/her normal day. When the test is completed, your child will have a chat with the clinical scientist about the 'homework' exercises and bowel diary you must continue to do for the next 6 weeks at least. The outcome from the treatment will be put into a report which will be sent to your child's referring doctor, GP and a copy can also be sent to you. When you and your child return to see the doctor who referred you, the treatment outcome will be discussed with you.

**Cancelling Your Child's Appointment**

If you cannot keep your appointment, please let us know as soon as possible. Please remember that patients who fail to attend appointments not only waste hospital time but increase the waiting list for all patients. Please phone 0203 594 0453 or email us, to change or cancel your appointment.

**Your child's health records**

To enable us to improve the quality of the care that we provide, your child's health records are kept by the Trust and may be used for teaching, training, audit, and research. Further information on how the Trust uses your information can be found on our website at <http://www.bartshealth.nhs.uk/your-visit/advice-and-support/your-health-record/>