

WHAT'S YOUR NUMBER?

HOW IS YOUR BOWEL HEALTH?

Find out what your number is on the bowel chart and find a range of tips and support. This guide covers all ages and life stages, from babies and children to the golden years.



Please share it with anyone who may benefit!

INCLUDES OUR HELPFUL BOWEL CHART AND A SPECIAL MESSAGE FROM JASON GUNN

ALSO INSIDE: RESOURCES, VIDEOS, TIPS AND ACTIVITY SHEETS TO HELP SUPPORT YOU IN YOUR BOWEL HEALTH.



FROM BIRTH AND CHILDHOOD



TO ADULTHOOD



AND THE GOLDEN YEARS

WORLD CONTINENCE WEEK: 19-25 JUNE 2023

CONTENTS

Click on the topics below to go straight to the most helpful pages for you.



DOWNLOAD OUR WORLD
CONTINENCE WEEK POSTERS



WATCH OUR WORLD
CONTINENCE WEEK VIDEO



PREGNANCY AND BIRTH



CHILDHOOD



ADULTHOOD



THE GOLDEN YEARS



FOR CARERS

WORLD CONTINENCE WEEK RESOURCES



**WORLD CONTINENCE WEEK:
19-25 JUNE 2023**



Click to download the
World Continence
Week posters!

www.continence.org.nz

**Watch Jason Gunn's
video message**



You 

Don't hesitate to contact our friendly team!
Call us on 0800 650 659.

HOW TO HOST A WEE CHAT



**WORLD
CONTINENCE WEEK
19-25 JUNE 2023**

HAVE A WEE CHAT!

WHAT'S
YOUR
NUMBER?

1. PLAN A GATHERING, BIG OR SMALL, BUT KEEP IT RELAXED
2. INVITE A GROUP YOU THINK COULD BENEFIT
3. MAKE SURE YOU'RE IN A COMFORTABLE SETTING - OR DO IT ONLINE
4. USE OUR RESOURCE PACK TO START DISCUSSION
5. THROW ALL TABOO AND JUDGMENT AWAY! BE SUPPORTIVE
6. URGE PEOPLE TO HAVE A WEE CHAT WITH WHĀNAU AND FRIENDS

**WANT TO HOST A WEE CHAT
THIS WORLD CONTINENCE
WEEK?**



Click to download the
poster

PLEASE CALL CONTINENCE NZ IF THEY NEED A
SUPPORTER! HERE'S OUR NUMBER - 0800 650 659

What's Your Number?

See if your bowel is healthy by checking the chart.

Adults should aim for #3 or #4.



Click for a downloadable chart



7

SEVERE DIARRHOEA

Watery, no solid pieces, entirely liquid



1

SEVERE CONSTIPATION

Separate hard lumps, like pellets (hard to pass)



6

MILD DIARRHOEA

Fluffy pieces with ragged edges, a mushy stool



2

MILD CONSTIPATION

Log shaped but lumpy

BRISTOL STOOL CHART

For Adults



5

LACKING FIBRE

Soft blobs with clear-cut edges



NORMAL

Like a log or snake, soft and smooth



NORMAL

Like a log but with cracks on the surface

3

4

If you are not seeing 3 or 4 when you flush, give us a call and we can talk about your bowel health.

continence **NZ**
0800 650 659

Top 5 Tips for Healthy Bowels

World Continence Week

19-25
June 2023



Fluid and Food:

Get enough in to help it come out – aim for 1.5-2L of water and 25-34 grams of fibre daily for an adult.



Physical Activity:

Move your body to help move your bowels. 20-30 minutes of activity at least 3-4 times weekly is ideal.



Timing:

Relax and take your time on the toilet – allow about 10 minutes after breakfast and dinner, or whenever you feel the urge to go.



Position:

Sit on the toilet with your feet flat, knees at slightly above your hips, and leaning forward slightly.



Know your Pattern:

Be familiar with your bowel pattern and what is "normal" so that you know when to seek help.

Visit www.continence.org.nz to find out more about keeping your bowel healthy!

PREGNANCY AND BIRTH

Leaking/incontinence while pregnant or after having a baby is common, but not normal. If you are leaking it is a sign that you need to see a health professional for support. Pelvic health physios and continence nurses are trained in how to best support you.

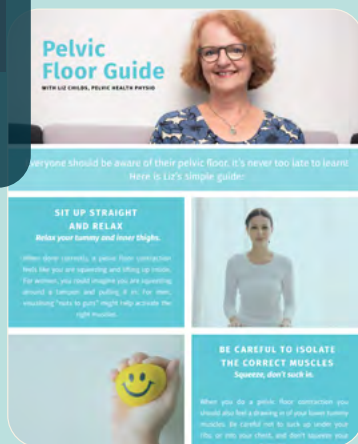
WATCH EMMA'S STORY

See how life-changing the right help can be



DOWNLOAD PELVIC FLOOR GUIDE

From pelvic health physio Liz Childs



READ OUR ONLINE GUIDES

Visit the info for mums section of our site



Top pregnancy and birth tips

- 1 Do pelvic floor exercises every day, for life. See our guides above.
- 2 Drink plenty of water (6 to 8 cupfuls a day) and eat foods with plenty of fibre to avoid constipation.
- 3 See a pelvic health physio or continence nurse if you are concerned.
- 4 Don't put off getting help. We can help you get the support you need. Call us on 0800 650 659.

Questions? Don't hesitate to contact our friendly team!
Call us on 0800 650 659.

CHILDHOOD

Toilet training is a huge milestone that can take a lot of patience. And even then, many things can impact a child's continence as they get older. One in 12 children and teenagers have a bowel and bladder issue.

WATCH FUN VIDEOS

Find some great videos for watching with little ones



WATCH POO HOO

Tim's story is great to discuss

DOWNLOAD ACTIVITY SHEETS

Try our word search and healthy food colouring sheet



**EVERYBODY POOS
EVEN GIRAFFES!**

continence 



WATCH TOP TIPS SERIES

Help wake up Mr Poo!



Top tips for children

- 1 Incontinence is not a child's fault and they are not just being naughty.
- 2 Children should be encouraged to drink plenty of water during the day, and eat a balanced diet.
- 3 Parents should seek help from a family doctor if their child is wetting during the day from age 5+, is still wetting the bed at 7+, or has been dry at night for 6-12 months and then starts to wet the bed again.
- 4 There is no time limit or magic formula for toilet training. Stay positive, and do it in each child's time.

[You can also sign up for our Toilet Tactics for Tamariki webinar series](#)

ADULTHOOD

There is plenty you can do to keep your bowel in good working order. It can be as simple as drinking plenty of water or sitting properly on the toilet. It is also important to know when you need professional help.



by Continence Nurse Janet Thackray

BOWEL REVIVER

TRY THIS APPLE-BASED RECIPE EACH DAY TO KEEP THE CONSTIPATION AT BAY

Ingredients

- 2 cups of apple - sliced or sliced
- 2 cups of natural / boiling bran
- 1 cup of stone prunes, soaked in boiling water
- the leftover juice from the soaked prunes

Directions

Mix all together and blend until smooth. Have 2 tablespoons each day with increase if required. Will keep covered in fridge for 5 days. Can be frozen in smaller quantities in ice tray.

Note: Not suitable for people on certain medications.

WATCH FAQ VIDEOS

Find answers to some of the most common questions we receive



DOWNLOAD BOWEL REVIVER

A recipe to help get things moving

READ OUR ONLINE GUIDES

For a wide range of continence issues you may encounter

How do I know what's normal?

Have a look at our sticky reference charts below.

Healthy bowel

- ✓ Daily well formed stool, a number that fits the Bristol stool chart
- ✓ Smooth and shaped like a sausage
- ✓ No straining required
- ✓ No blood or mucus in stool
- ✓ No bleeding
- ✓ No change or recurrence of stools

Bristol Stool Chart

Type 1: Separate hard lumps, like coal (too dry)

Type 2: Sausage shaped but lumpy

Type 3: Like a sausage but with cracks on its surface

Type 4: Like a sausage with smooth surface

Type 5: Soft blobs with clear cut edges

Type 6: Pluffy (soft) with ragged edges, a mushy mass

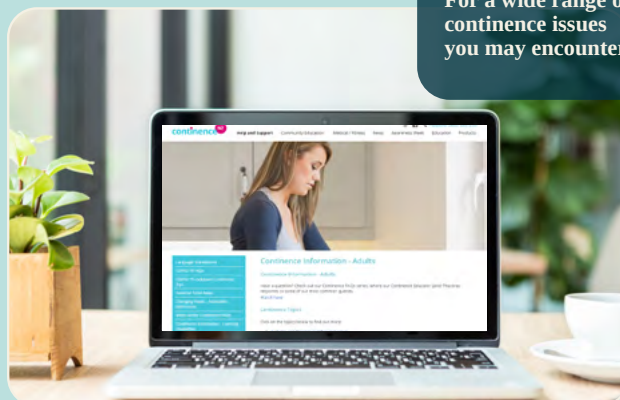
Type 7: Watery, no solid pieces, literally liquid

Unhealthy bowel

- ✗ Feeling a need to strain or push
- ✗ Hard stools that are difficult to pass
- ✗ Having to strain to pass a stool
- ✗ Feeling an incomplete emptying of the bowel
- ✗ Pain on passing a stool
- ✗ The normal bowel passing a stool infrequently
- ✗ Very loose or watery stools
- ✗ Changes from your usual bowel habit

DOWNLOAD OUR HELPFUL CHART

Which tells you what is healthy and unhealthy



Top tips for adults

- 1 Make sure you are drinking enough water and eating the right foods for healthy bowels. Adults should aim for 1.5-2L of water and 25-34 grams of fibre daily.
- 2 Movement and exercise both on and off the toilet help stimulate the bowels and keep them moving as they should. Aim for 20-30 minutes of activity at least 3-4 times weekly.
- 3 Know your bowel pattern and type and be familiar with what is healthy and unhealthy so that you know when to seek help from your GP or other medical professional.

Questions? Don't hesitate to contact our friendly team! Call us on 0800 650 659.

THE GOLDEN YEARS

Bowel and bladder control problems are more common in older people. But even though these issues are more prevalent as you get older, there is plenty that you can do to improve your continence.

WATCH FAQ VIDEO

Find out how to sit on the toilet to help ease constipation



DOWNLOAD OUR GUIDE

To products and skincare



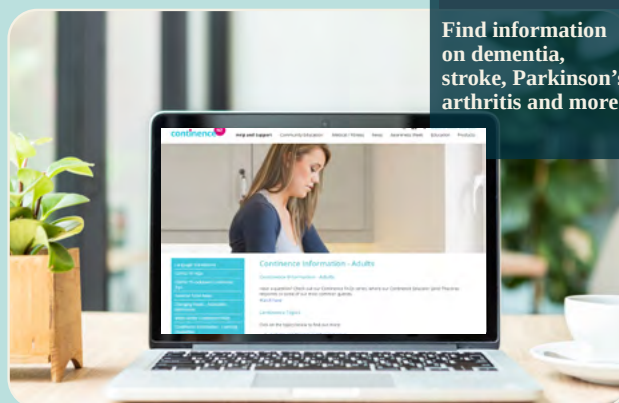
DOWNLOAD OUR FREE GUIDES

Fibre and fluid for a healthy bowel



READ OUR ONLINE GUIDES

Find information on dementia, stroke, Parkinson's, arthritis and more



Top tips for the golden years

- 1 Fibre intake is important as you get older. Get enough in to help it come out – aim for 1.5-2L of water and 25-34 grams of fibre daily.
- 2 Move your body to help move your bowels: 20-30 minutes of activity at least 3-4 times weekly is ideal.
- 3 If you have mobility issues, toilet steps and frames can make getting on the toilet easier.
- 4 Increased joint stiffness and muscle weakness/rigidity as you age can make it difficult to remove clothing to use the toilet. Wear clothes that are easy to manage, for example, pants with elastic waists.

Questions? Don't hesitate to contact our friendly team!
Call us on 0800 650 659.

TRANSLATED GUIDES



Our most popular bowel and bladder guides are also available in the following languages:

Te Reo Māori

Chinese

Hindi

Tongan

Samoan

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Our work is only possible thanks to the kind support of:

