

Pelvic Health Support

If you are pregnant, or up to one year post-birth, and experiencing pelvic health issues, you don't have to 'just live with it'. Whether your symptoms can be managed at home (using online self-help tools) or you need specialist treatment, tailored advice and care is available to you.

Speak to your midwife, GP or health visitor for further support, or go to www.selondonics.org/pelvic-health-videos



South East London NHS is providing support and help for anyone with antenatal (during pregnancy) or postnatal (after pregnancy) pelvic floor problems. Clinics will be located at the five hospitals in the region that provide maternity services:

- Guy's and St Thomas' Hospital
- Kings College Hospital
- Princess Royal University Hospital
- University Hospital Lewisham
- Queen Elizabeth Hospital

Our services will offer access for anyone with any symptoms or concerns about pelvic health to see a member of the pelvic health physiotherapy team, a specialist midwife or a doctor specialising in pelvic health.

Everyone receiving maternity care will be able to access these services throughout their pregnancy and for twelve months afterwards. The services include providing exercises which can help treat existing pelvic floor problems and prevent them developing.

When to seek help

If you experience any of the following, we advise that you seek help:

- Leaking wee when you cough, jump, run or laugh, or if you are unable to make it to the toilet (urinary incontinence)
- Bulge in the vagina, or a heavy dragging sensation, (this could be a prolapse, a descent of one or more of the pelvic organs into the vagina)
- Accidentally pooing yourself, or if you are unable to hold wind (anal incontinence)
- Problems with sex, such as having pain or reduced sensation.

Squeezy

A smartphone App dedicated to help you regain or build confidence in your pelvic health, it includes tailored exercise programs and advice.

Scan the QR Code or visit <https://livingwith.health/squeezy/sel/>

