

Biofeedback therapy

Introduction

This leaflet is intended to answer some of the questions you may have about biofeedback therapy.

What is Biofeedback?

Biofeedback therapy is for people with constipation and/or incontinence. It teaches them how to use their bowel muscles correctly with the use of exercises and other techniques.

Why am I having Biofeedback?

Your consultant believes that the muscles required for opening your bowels are either weak or not co-ordinating properly.

How does it work?

The specialist nurse/physiologist will ask you questions relating to your bowel habits. They will then show you how you can make changes to your bowel habit by giving you a personal programme of exercises and advice to improve your toileting behaviour.

How often will I need to attend?

This will be mutually agreed between you and the physiologist depending on your needs and progress over the course of the therapy. Each session lasts between 30 to 45 minutes.

What will happen on the first session?

You will be given a programme of exercises to practice plus advice relating to the time you visit the toilet.

- How you sit on the toilet
- Your diet
- Laxative use
- Anything else, which they may consider helpful

What happens on the following sessions?

Your progress will be checked by asking questions. Depending on your progress, further advice and exercises will be given.

Will it work?

Success will depend upon putting into practice both the exercises and advice you have been given, and you will need to continue with these new habits for the rest of your life.

Of the people who complete the course 90% find their personal and social lives are greatly improved because they are no longer controlled by their bowel habit. Of the remainder, they at least feel they have a better understanding of how and why their bowels work as they do.

Further enquiries

If you wish to speak to the Nurse/ Physiologist between appointments, please telephone:

For Cheltenham General Hospital
08454 222977

For Gloucestershire Royal Hospital
08454 228297

We will get back to you as soon as possible.