

Self-managing bowel dysfunction

INTERVIEWEE: The way I cope with my bowel problem is that I try and keep, not constipated, but try and keep my stool firmer, because if I am too loose and I can't control it, I just can't, because I can't feel my pelvic floor properly, I can't feel tensing my back passage.

So, by keeping it slightly firmer allows me to have that control because I can empty it myself if I need to. In time, I think probably anal irrigation will be the way to go but at the moment I am still managing to go myself.

INTERVIEWER: Are you managing the firmness of your stool with diet or any medication?

INTERVIEWEE: My diet, my diet completely, and I used to work with someone who said that to eat a big fleshy orange each day that that would really help, and I do do that and that really helps. I have porridge and I have everything that will help, even though I have all of those things at one time in my life if I had ate oranges and porridge and things like that I would have been dashing to the toilet every few minutes, but I don't anymore because my bowel is obviously sluggish. But I eat all my fruits, five fruits, vegetables, I eat loads of things like that to try, and I think as well that keeps me healthier just generally.