

Colorectal Surgery Associates, P.C.

Lina O'Brien MD Pierre Castera MD Ben Mizrahi MD Jeremy Cravens MD

Linda Frey APRN

4370 W 109th St Suite 350, Overland Park, KS 66211

6060 North Oak Trafficway, Suite 101, Gladstone, MO 64118

10100 W. 87th St., Suite 200, Overland Park, KS 66212

Phone: 816-941-0800 Fax: 816-941-0080

Web address: www.csakc.com

Pelvic Floor Therapy

Your doctor has recommended pelvic floor therapy. This procedure is performed by a nurse practitioner educated in this procedure. Due to the sensitive nature of your problem, this procedure will be performed in a private room and every effort will be made to respect and guard your privacy. The following information will help you understand the procedure.

What is it?

The pelvic floor consists of a group of muscles that support and help control the function of the vagina, bladder and rectum. Dysfunction of the pelvic floor muscles can lead to urinary disorders, difficulties with bowel function, vaginal prolapse, pelvic pain and other concerns. Pelvic floor therapy includes a variety of techniques used to treat these problems.

Pelvic floor therapy techniques:

- **Behavioral Modification**- Education on diet, fluid intake and other lifestyle changes to enhance pelvic organ function.
- **Pelvic Muscle Exercises**- Exercises to strengthen the pelvic floor muscles.
- **Biofeedback**- Device used rectally to train the pelvic floor muscles to contract or relax correctly.
- **Functional Electrical Stimulation**- Device used rectally that delivers a weak, painless current to strengthen/relax the pelvic floor muscles.

Pelvic floor therapy usually includes a regimen of four or more visits with a nurse practitioner who has been trained in implementing these techniques. A combination of the above techniques will be used depending on your particular pelvic floor problem.

What is the purpose of the therapy?

Pelvic floor therapy involves several steps to obtain information to help with your medical issues related to incontinence, constipation and/or diarrhea, and pelvic pain. Manometry and EMG (electromyographic) studies are obtained to provide information about the pelvic floor and abdominal muscles. Stimulation of the pelvic floor muscles may be performed to help relax and strengthen these muscles. The treatment is not painful. Typically patients will have 4-6 sessions of pelvic floor therapy, depending on the patient's goals and success. The total time of your initial visit will be 1 hour and follow-up sessions approximately 45 minutes.

At your initial visit you will be given your own pelvic floor therapy stimulation device. This is yours to keep. The cost of this device is \$44.00 and payment for this device will be due at your initial visit. Your insurance **will not** be billed for this device. You will bring it with you to your appointments and take it home afterwards. It is important that you remember to bring your device with you to every visit.

***Special instructions:**

You may eat and drink normally up to two hours prior to therapy. You may also take your routine medications. Bowel preparation for pelvic floor therapy includes taking two enemas 2 hours prior to you leaving home to come for therapy. You may continue to drink liquids after your enemas prior to your therapy.

At a drug store purchase 2 fleet or store brand enemas.

Approximately 2 hours before leaving home you need to start your prep process.

Insert lubricated tip of enema into anus and squeeze liquid into anal canal until the bottle is empty. Hold liquid as long as possible and release into the toilet. Follow with the next enema also holding it as long as possible.

Please call 816-941-0800 if you have any questions.