

For Mums

Research shows that one in three women who have had a baby will experience incontinence.

Factors that contribute to this include:

- An assisted vaginal birth (ie: forceps)
- More than one vaginal birth
- A baby weighing more than 4 kg
- A long labour
- Severe tearing during birth



Pregnancy and childbirth are common causes for the onset of incontinence. During pregnancy the extra weight and pressure of your baby can weaken the pelvic floor muscles.

Childbirth

Childbirth stretches these muscles even more weakening the muscles that support the urethra (outlet from the bladder) so they're unable to prevent the bladder leaking. This usually happens when you cough, lift, or exercise. This is a common condition and it is strongly advised that you seek medical advice from a GP, continence physiotherapist or continence nurse advisor.



Products to assist are available under the Continence section of the website: www.dmedirect.co.nz