

Pelvic Health Recommendations

Constipation

- We prefer that you not strain hard for bowel movements.
- Drink 6-8 glasses of water daily.
- Have good fiber intake. You can use a high fiber cereal daily such as Fiber One, Extra-Strength All Bran, or Kashi Go Lean. Or you can take an over the counter fiber supplement such as Konsyl, Metamucil, or Citrucel. These should be taken with a full glass of water.
- Exercise daily such as walking 30 minutes, water aerobics, or other exercise that increases your heart rate. This will increase blood flow to the colon and help colon motility.
- Use a stool softener such as over-the-counter Colace. The softens stool and makes it easier to pass.
- If you are still not emptying well, you may need to add over the counter milk of magnesia on an as needed basis. Milk of magnesia is a laxative which increases muscle contractions and makes it easier to pass stool. It and is not recommended for long term use.
- If you are doing all of this and are still not having daily bowel movements, please call our office.

Prevention of urinary tract infections

- Drink 6-8 glasses of water daily.
- Take over-the-counter Vitamin C 500 mg, Vitamin E 400 IU, and cranberry tablets as it says on the bottle.

Care of the vulva

- Avoid scrubbing. Wash gently with water. You may use Cetaphil liquid cleanser if needed.
- Avoid fragrance, powders, perfumes, and scented toilet paper or pads.
- Switch to fragrance and dye free detergent such as All

Free and Clear. Avoid fabric softeners and dryer sheets.

- Wear loose-fitting all cotton underwear. Avoid tight clothing.

Vaginal Estrogen

- Premarin cream, Estrace Cream or Vagifem tablets: use size of a dime. Apply to vaginal opening. Most women find it more comfortable to use their finger because the applicator may be uncomfortable.

Estrogen/Progesterone/Testosterone (EPT) Drops

- Begin with 2 drops daily. Increase by one drop every 2 weeks until symptoms are improved. Do not exceed 8 drops.
 - Decrease the number of drops if you develop breast tenderness.
 - Apply the drops to clean skin on areas that have little hair such as inner arm or inner thigh. Do not put on breasts. Alternate sites to prevent hair growing on the application site. Use them in the evening.
 - We will recheck your hormone levels in 6 weeks in the morning.

Questions?

Contact the Center for Pelvic Health
4601 Carothers Parkway Ste 350
Franklin, TN 37067
www.centerforpelvichealth.com
Phone : 615-284-4664 Fax: 615-284-4668



**Center for
Pelvic Health**

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