

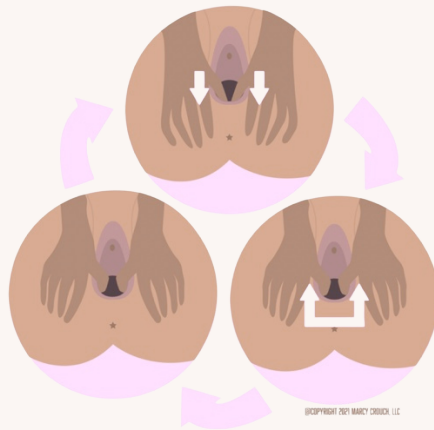


Push Prep 101

The 3 P's

Everyone giving birth is worried about tearing. The 3 P's are essential for Mamas to prep the pelvic floor for delivery. They are:

1. **Perineal massage:** As long as you not on pelvic rest, you can start stretching your pelvic floor to prep for birth around weeks 30–35. Stretching in different positions with appropriate lube has been shown to possibly decrease your chances for significant tearing during birth. Make sure to use lube with this our faves are:



- Goodcleanlove: Buy [HERE](#)
- Coconu: Buy [HERE](#)

Use code
THEDOWNTHEREDOC for
exclusive savings

2. **Push prep:** Learn how to labor and push properly, while breathing, with an option of positions to choose from. That way you'll know what is best for your body and pelvic floor in the moment of labor and delivery. This can improve your confidence and shows improved outcomes for both you and your babe(s).
3. **Practice like you play:** Practice pushing in different positions with perineal massage so that you know all your options when it's time for delivery.



THE DOWN THERE DOC

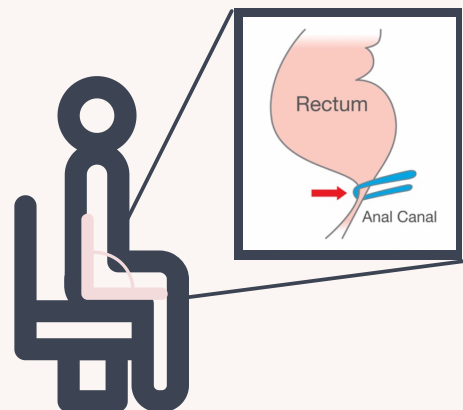
Pooping Proper: Protect Your Pelvic Floor & Reduce Pain



- Ask your doctor what stool softeners you can take for the first 2 weeks after giving birth.
- Drink water! Being dehydrated causes constipation.
- Use footstool to get knees higher than hips.
- Lean forward with arms on thighs: mimic a deep squatting posture or like you are peeing outside.
- Place pillow over tummy.
- Exhale through your mouth like blowing out a candle or fogging up a mirror.
- Clean yourself with a peri bottle afterward and dab dry with a soft cloth

✘ Things to avoid:

- Pushing or straining
- Sitting straight up with knees and hips at a 90 degree angle closes off the rectum and makes it harder for stool to pass through. This puts excess pressure on pelvic floor and can contribute to prolapse, hemorrhoids, pain, and weakened muscles



Having issues with pooping?

The DT Method™ Virtual Wellness Team can help! Click [HERE](#) to schedule a consult!



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Questions to Ask Your Provider

If you are going to a physician regarding pelvic symptoms you are experiencing during pregnancy, after pregnancy, or when planning your birth we want you to be prepared. It will be easier for you to communicate with your doctor about your symptoms if you write your questions down. Remember, better communication with your doctor will improve your health outcomes and help you achieve your goals.

Things to keep in mind:

- Symptoms such as leaking and/or increased urgency with urine or feces, pain, or pelvic pressure/heaviness during pregnancy and 6 weeks postpartum or more are not normal and evidence shows you can benefit from further treatment and/or physical therapy.
- You should feel that any healthcare provider you are going to is taking your concerns seriously. It is your provider's job to listen to and help you. It is your right to a second opinion from another physician.
- If you would like a referral to another specialty such as physical therapy or a different specialist you can ask for a referral from your physician.

Questions to ask before giving birth:

- I am experiencing (name your specific symptoms). I read that this is not normal and it's really affecting my sleep and/or daily life. I would like to address this issue. How can we proceed with fixing this?
- Can you check if I have any hemorrhoids? I am working on better positioning when having bowel movements, but I am still having pain and/or bleeding. Is there anything else you would recommend?
- I am experiencing feelings of anxiety/sadness/detachment/being very overwhelmed and I would like to get ahead of these so I can be present for my family. Can you write me a referral to a psychologist?



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Questions to ask before giving birth continued:

- In regards to giving birth:
 - Will I be able to move around in the bed if I have an epidural? What are my pain management options? Is there a window I have to be in during labor in order to receive my epidural? If I miss that window, what are my options for relief?
 - What are the rates of episiotomies and c-section? Do you use instruments during delivery like forceps or vacuum? When during delivery would we need to talk about these options?
 - Will I be able to eat after being admitted?
 - Can I try these positions for labor and delivery and/or use these props? Are the props provided or do I need to bring them?
 - How many support people are allowed in with me? Are doulas allowed?
 - Do you support the perineum during delivery?
 - What type of fetal monitoring would you use on me? Will I have the option of moving around the room with it on?
 - Do you practice delayed pushing?
 - Do you do delayed cord clamping?
 - Who repairs grade 3-4 tears?

Notes
