**Patient information**

Bladder and bowel UK [https://www.bbuk.org.uk/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bbuk.org.uk%2F&data=05%7C02%7Csarah.pearce6%40nhs.net%7C5db8728ed2c54f7a2a7f08dd6d393d64%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638786815098735979%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=%2FAYbtYtE3DHXfBoSdh2HuwbxK%2FOEbF6rMBP63Qcxl3A%3D&reserved=0)

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University Hospitals Plymouth (UHP) - Constipation in Adults – Patient Information Leaflet

<https://www.plymouthhospitals.nhs.uk/download.cfm?doc=docm93jijm4n17991.pdf&ver=27421>

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UHP - Loose Stool and Loss of Bowel Motions in Adults - Patient Information Leaflet

<https://www.plymouthhospitals.nhs.uk/download/loss-of-bowel-motions-in-adults-final-october-2024-v4pdf.pdf?ver=28959&doc=docm93jijm4n18716.pdf>

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UHP – IBS – Patient Information Leaflet

<https://www.plymouthhospitals.nhs.uk/download.cfm?doc=docm93jijm4n17334.pdf&ver=26143>

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Drinking for a healthy bladder

<https://www.bladderandbowel.org/wp-content/uploads/2017/05/BBC021_Healthy-Drinking.pdf>

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BAUS bladder training

<https://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Bladder%20training.pdf>

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Pelvic Floor men and women

<https://thepogp.co.uk/Resources/115/pelvic_floor_muscle_exercises_for_women>

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<https://thepogp.co.uk/Resources/122/pelvic_floor_muscle_exercises_for_men>

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Squeezy App

<https://squeezyapp.com/>

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CONfidence app

<https://confidenceapp.uk/>

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