



# MANAGING THE MOTHER LOAD

Protect your  
pelvic floor



**National Continence Helpline**  
**1800 33 00 66**

The National Continence Helpline is staffed by continence nurse advisors who provide advice and resources about incontinence. The Helpline is a free and confidential service managed by the Continence Foundation of Australia on behalf of the Australian Government. It operates 8am–8pm (AEST) Monday to Friday.

Supported by the Australian Government Department of Social Services  
under the National Continence Programme

06/2015



**National Continence Helpline**  
**1800 33 00 66**

[continence.org.au](http://continence.org.au)





# Pregnancy Pelvic Floor Plan



FREE

## Free Pregnancy Pelvic Floor Plan app

- Tips on looking after your pelvic floor, bladder and bowel during pregnancy
- Learn how to do pelvic floor exercises and receive reminders
- Information about safe exercise during and after pregnancy
- Health and wellbeing tips on looking after yourself
- Find local services for pelvic floor problems
- Enter your due date to receive timely information



For more information go to  
**continenace.org.au**  
or phone the

National Continenace Helpline **1800 33 00 66.**

Did you know  
that 1 in 3  
women who  
have ever had  
a baby will wet  
themselves?

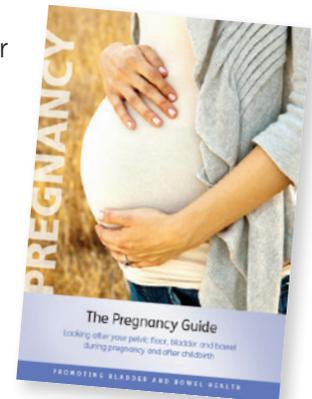


Pregnancy and childbirth can have a lasting effect on your pelvic floor muscle fitness and increase your risk of developing incontinence. It is therefore important to look after these muscles, particularly during this stage of your life.

The Continenace Foundation of Australia's **Pregnancy Guide** covers all you need to know if you are pregnant, planning to become pregnant or have recently had a baby.

The guide has information about:

- bladder and bowel control during pregnancy and after childbirth
- the role of the pelvic floor muscles and how to exercise them
- pregnancy and exercise
- sex during and after pregnancy
- where to get further help



Download your free copy from  
**continenace.org.au**