

LIFT

LAUGH

IF YOU

LEAK

WHEN YOU...

COUGH

JUMP

WE CAN GET YOU THE HELP AND SUPPORT YOU NEED

Our hospitals are offering easy-to-get help and support for anyone with antenatal or postnatal (up to 12 months after pregnancy) pelvic floor problems, such as vaginal changes, prolapse, or leaking wee or poo.

Speak to your midwife, or go to [justonenorfolk.nhs.uk](https://www.justonenorfolk.nhs.uk) for more information on how to refer yourself.

Pain
having sex

Constant
urge to go
for a wee

Leaking wee when
you cough, jump,
run or laugh

IF YOU HAVE ANY OF THESE PELVIC FLOOR

SYMPTOMS

Vaginal changes
or pain

Not able to
control
wind/pooing
yourself

Looseness or
heaviness in
the vagina

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