

Constant
urge to go
for a wee

Not able to
control
wind/pooing
yourself

Leaking wee when
you cough, jump,
run or laugh

Pain
having sex

IF YOU HAVE ANY OF THESE PELVIC FLOOR
SYMPTOMS

Vaginal changes
or pain

Looseness or
heaviness in the
vagina

**WE CAN GET YOU THE HELP
AND SUPPORT YOU NEED**

Hospitals in Norfolk and Waveney are providing help and support for anyone with pelvic floor problems or concerns during pregnancy and for 12 months afterwards.

For more information on how to refer yourself, speak to your midwife or go to justonenorfolk.nhs.uk

The Squeezy App

This smartphone app is dedicated to help you regain or build confidence in your pelvic health. Includes tailored exercise programs and advice.



LIFT

LAUGH

IF YOU

LEAK

WHEN YOU...

COUGH

JUMP

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