



# Biofeedback

Information for patients



## What is biofeedback?

**Biofeedback is a term used to describe a package of treatment which uses a combination of techniques to help people who are experiencing troublesome bowel problems such as faecal incontinence, constipation or difficulty emptying their bowel.**

Biofeedback is a conservative approach to treatment, that will allow a specialist to educate and retrain you and your bowel, to help with your symptoms. By retraining your bowel, biofeedback can correct defective processes, restore normal bowel function and improve muscle tone.

It may involve a bowel retraining programme, dietary and medication advice, a pelvic floor exercise programme and lifestyle advice to help promote easier and more complete bowel emptying.

## Are there any risks associated with your treatment?

There are no risks associated with your treatment.

## What preparation is required for your treatment?

-  You can continue taking any normal medication.
-  You can eat and drink as normal.
-  You do not need any special preparation for your test.

 Your treatment time will vary depending on what the practitioner needs to do given your detailed history.

Key



Do



Do not



Additional info

## What happens during your treatment?

- 1 Your biofeedback session will be conducted by a specialist nurse, physiotherapist or physiologist in a private room.
  - 2 The specialist practitioner will take a detailed history.
  - 3 If a physical examination of your pelvic floor muscles via a vaginal (in women) or anal assessment or both is required, you will be asked to change into a gown and lie on the bed. A chaperone will be present during your examination.
  - 4 Sometimes the practitioner will need to use a high-resolution anal manometry probe to help educate your muscles. This is a narrow probe (about half the width of your little finger) which is inserted into your back passage which may feel uncomfortable but should not be painful. You may feel embarrassed, but we understand this and will help you feel at ease throughout.
  - 5 The practitioner will then put an individual treatment programme in place for you. Your treatment plan will often involve a bowel retraining programme, dietary and medication advice, a pelvic floor exercise programme and lifestyle advice to promote easier and more complete bowel emptying.
- i** You are free to leave straight away after your treatment and return to your usual diet, medication and daily activity.

## What happens after your appointment?

After your appointment, a letter will be sent with any recommendations to both you and your referring consultant. They will also advise if you will need to book a follow-up session/appointment.



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