



Big Belly, Hard Belly, Moo

A Safe Way To Help Your Poop Come Out

Why We Do It

When we poop, our belly and pelvic floor muscles should work together. This trick helps you push poop out without straining too hard or holding your breath.

How to Do It

1. Get in Position

- Sit on the toilet with your feet flat on a stool (knees higher than your hips).
- Sit tall but relaxed.



2. Big Belly (Inhale)

- Put your hands on your belly.
- Take a slow, deep breath in.
- Let your belly get round like a balloon.



3. Hard Belly (Exhale)

- As you blow out, gently tighten your tummy like you're giving your belly a hug, preparing to push something heavy, or don't want to be tickled.
- Don't suck your belly in. Push out gently instead.
- This makes your belly feel firm or "hard."



4. Moo (Pelvic Floor Drop)

- At the same time as blowing out and keeping your belly hard, pretend you are a cow and make a "moo" sound, or a "shhh," "mmm," or humming sound.
- Imagine your pelvic floor muscles lengthening. You should gently push (not strain) while mooing.
- This helps your pelvic floor muscles to relax and your sphincters to open so poop can exit more easily.



5. Repeat

- Keep breathing in and out, adding in a few (1-3) big belly, hard belly moos at a time throughout your stooling time.
- This can help stooling get started as well as encourage complete emptying as you are finishing up.

Helpful Tips

- **Don't strain or hold your breath** (no red faces!).
- **Relax your bottom** while your belly does the work.
- **Practice** makes it easier—your body will learn the new habit. You can practice big belly/hard belly without stooling while laying down or sitting in a regular chair.
- **Use a footstool** so your knees are higher than your hips and your feet are flat on a surface.



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For questions or concerns, please contact the Colorectal Clinical Team at: 202-476-COLO (2656) or colorectalnurse@childrensnational.org