If you have a rectocele, or feel as though stool is getting stuck forward near the vaginal opening, you may need to splint in order to empty your bowels.

To splint:

- Place your thumb inside the vagina with the pad of your thumb facing back. Apply light pressure back toward the rectum.

  OR

- Use your first 2 fingers to put a gentle upward pressure on the area between the vagina and rectum (perineum).