

## Are you pregnant or have you given birth?

Balancing self-care during this time can be hard, but focusing on your **pelvic health can help prevent** or reduce **unwanted symptoms**.

During pregnancy and childbirth, the pelvic floor muscles are put under added pressure. These muscles **support the bladder**, **bowel**, and **uterus**, so **early action is important**.

Please scan the QR code to access your FREE getUBetter app for South West London.

 $\checkmark$ 

**Trusted information** written by your local clinicians



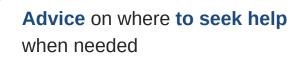
**24/7 access** so you feel supported between appointments



Easy-to-follow pelvic floor exercises you can progress yourself



Access to local treatments and services





**SCAN ME** 

