

## 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**.

- ✓ **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**
- ✓ **Advice** on where **to seek help** when needed



**SCAN ME**

