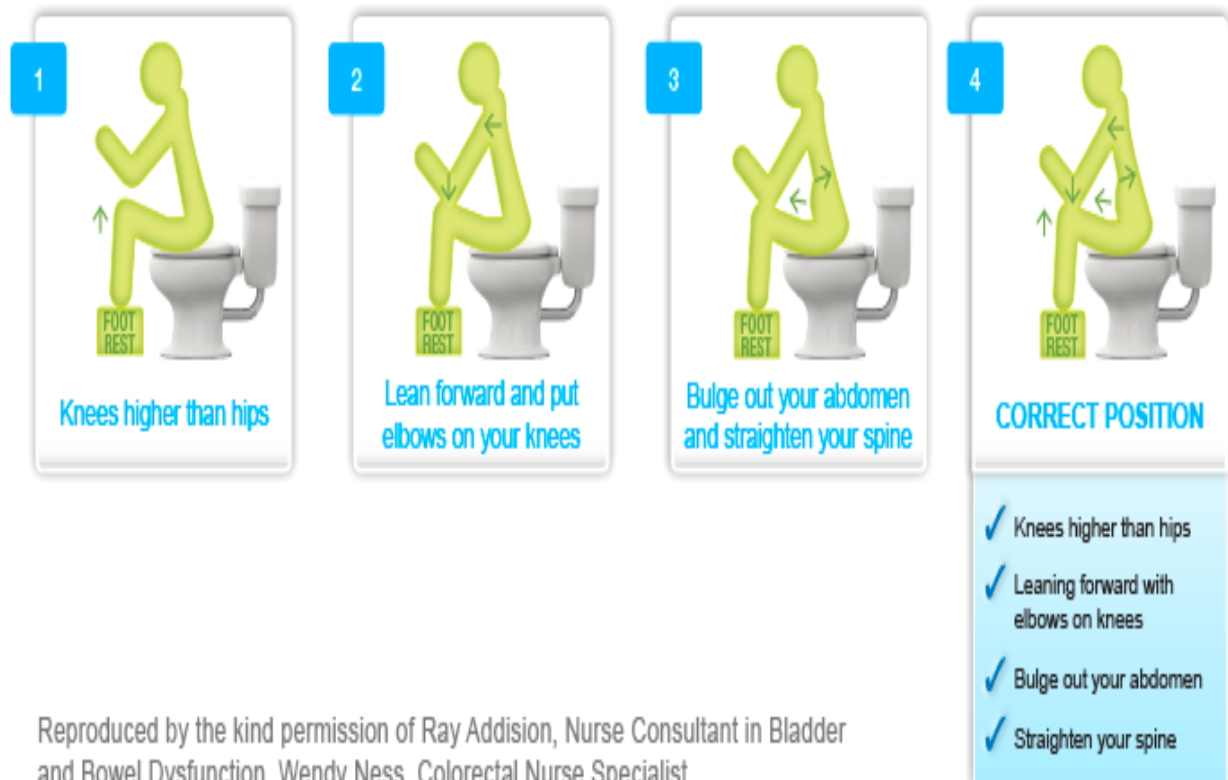
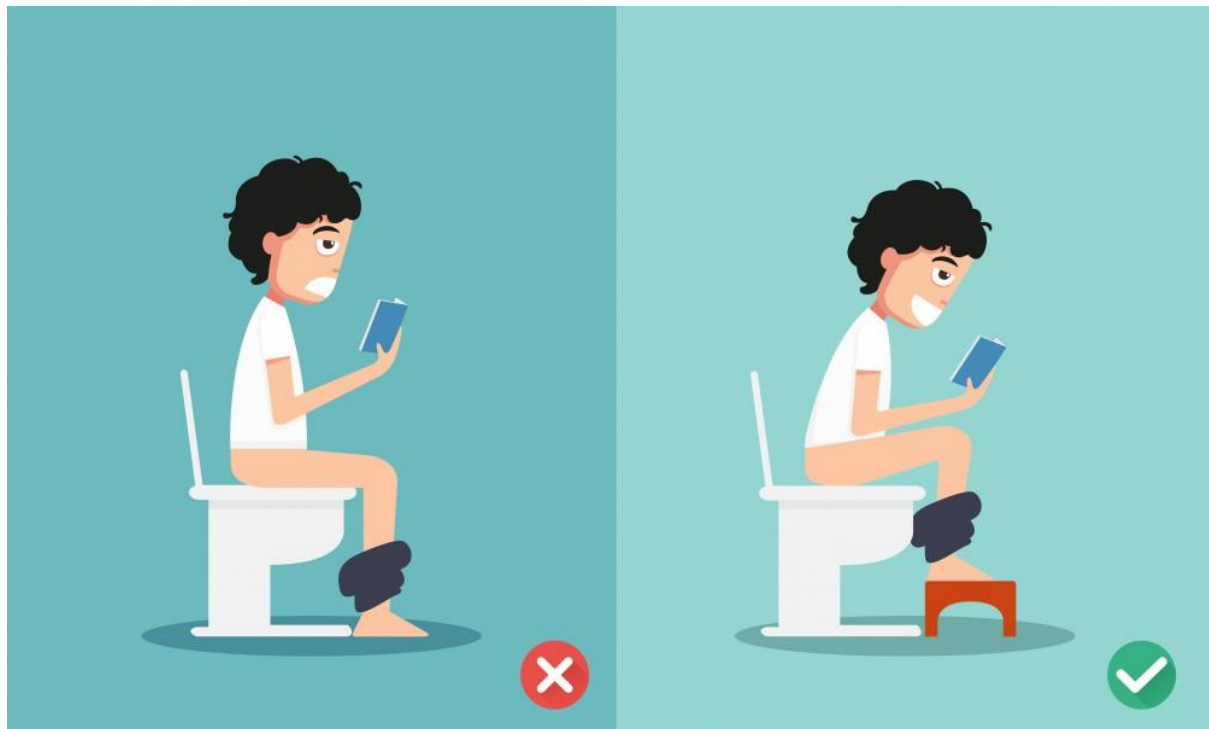


Best position to sit on the toilet



Reproduced by the kind permission of Ray Addision, Nurse Consultant in Bladder and Bowel Dysfunction. Wendy Ness, Colorectal Nurse Specialist.