Patient Education



Techniques for Easing Constipation

Colon Massage

Colon massage can help ease constipation, keep you regular and reduce symptoms of abdominal pain. By massaging your abdomen in a specific pattern, you can help induce the wave-like motion that propels your stool through your large intestines.

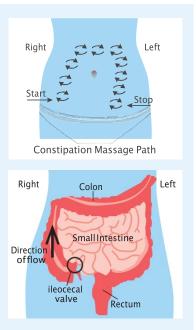
- 1. Begin massaging your lower right abdomen, inside your hip bone, firmly in a circular motion for 1 minute.
- 2. Take sweeping strokes up toward your upper right abdomen 5-10 times*.
- 3. Massage your upper right abdomen, below your ribs, firmly in a circular motion for 1 minute.
- 4. Take sweeping strokes to the left toward your upper left abdomen 5-10 times*.
- 5. Massage your upper left abdomen, below your ribs, firmly in a circular motion for 1 minute.
- 6. Take sweeping strokes down toward your lower left abdomen 5-10 times*.
- 7. Massage your lower left abdomen, inside your hip bone, firmly in a circular motion for 1 minute.
- 8. Take sweeping strokes down and diagonally toward your pubic bone 5-10 times*.
- 9. Massage above and the left of your pubic bone 1 minute.

Toileting Posture

When attempting to have a bowel movement, it is important to position yourself correctly on the toilet to facilitate better emptying of your bowels.



- 1. Prop your feet up onto a steady stool that is tall enough to allow your knees to be slightly above your hips.
- 2. Lean forward and rest your elbows onto your upper legs.
- 3. Breathe and relax your pelvic floor and abdominals. Avoid straining.



^{*}Avoid sweeping in the wrong direction of the flow of your massage.