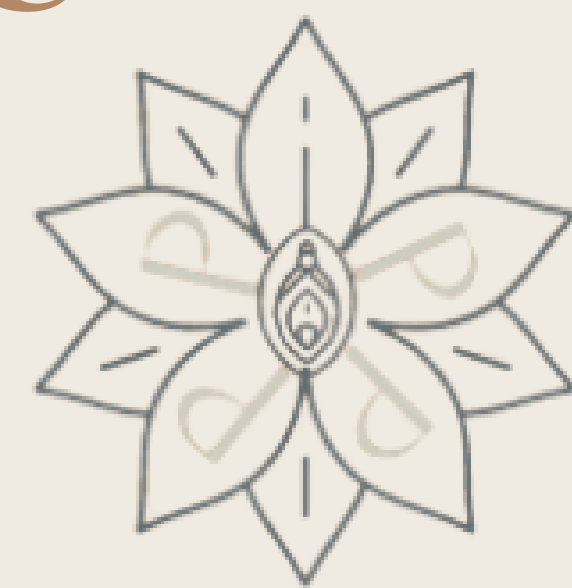


# Abdominal Massage



## HOW TO PREPARE/SET UP

- You may want to be near a toilet so when you get the urge, you can go! Sometimes people feel the urge immediately, sometimes it takes 20-30 minutes and sometimes you may not feel anything
- Your nails should be short and smooth
- Find something to use as a lubricant, lotion or oil, like coconut oil
- Find a comfortable position. Ideally, laying on a comfortable surface with something under your knees (pillow)
- You want to be able to relax your belly, legs and the rest of your body while you massage

## THE TECHNIQUE

- We want to perform the massage in same path that poop moves along the colon
- Find your right hip bone & move your hand inwards slightly (towards belly button)
- Move up along the right side of abdomen, stopping just before we get to the ribs
- Massage along the ribs from right to left
- Once to the edge of the left side of rib cage, move down along the left side of abdomen (just like you did on the right side)
- As you massage, use a gentle "C" cupping motion with your hand, gently massage the belly moving in semi circles
- Visualize "scooping" the poop along the colon
- If poop is backed up & you sink deep enough, you can sometimes feel the stool
- 5-10 minutes regularly - can be daily or as often as needed
- Any pain or discomfort, stop & contact your healthcare provider