

Colon Massage

General Information

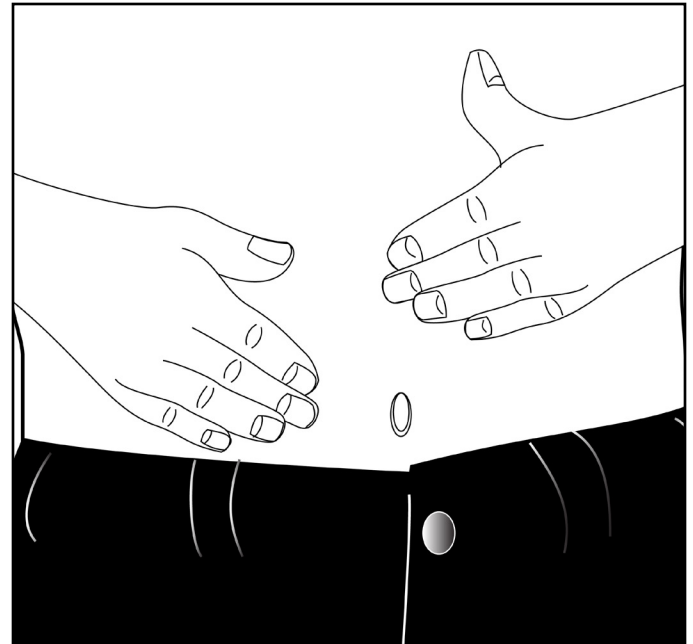
A colon massage can be helpful if you have an upset stomach or if you can't have a regular bowel movement (constipation).

Follow the massage directions below once a day.

How to Do a Colon Massage

You may do the massage at any time but you may want to do it in the morning.

- Lie down.
- You can do the massage over your clothes if you prefer.
- Put your hand on your lower right abdomen.
- Use gentle pressure and massage in a clockwise direction around your entire abdomen.
- Use your entire hand, not just your fingers.
- Stop if you feel pain.
- Do the massage for 2 to 3 minutes.
- Drink one to two 8-ounce glasses of warm water after a colon massage.



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Use gentle pressure and massage your lower right abdomen in a clockwise direction around your entire abdomen.

When To Call Your Health Care Provider

Call your health care provider if your signs or symptoms don't improve.