



## Timing:

- If possible, try to find some unrushed time.
- After meals, especially after breakfast is often easiest.

## Position:

- Sit comfortably - place feet on a stool or books.
- Bring your knees higher than your hips (~35° angle)
- Lean forward & rest your elbows on your knees.
- You can also try a “happy baby” position, lean forward & bring your arms inside your legs if comfortable.

## Breathing:

- Let your belly bulge slightly as you breath in.
- Breathe deeply through your diaphragm.
- As you breath out, purse your lips & blow slowly, like blowing bubbles.

## Movement:

- If nothing happens, movement can help.
- Stand up and swing arms up making “SSSSH!!” noise and sit back down. Repeat.

- **Hydration:** Drink 1.5-2L of water daily to soften stool.
- **Diet:** Increase fibre intake gradually with fruits, vegetables and whole grains.
- **Your individual nutritional care plan will help guide you.**
- **Movement:** Gentle walking or abdominal massage can stimulate bowel activity.

## ILU Massage Technique

- Sit comfortably or lie on your back with your knees bent.
1. **"I" Stroke:** (descending colon).
    - On the left side of your abdomen, just below your rib cage, stroke **straight down** toward your left hip x **5–10 times**.
  2. **"L" Stroke:**
    - On the right side, stroke **horizontally across** to the left side, then stroke **down** the left side x **5–10 times**.
  3. **"U" Stroke:**
    - On the lower right side, stroke **up** the right side, **across** the top, and **down** the left side (upside-down) "U" x **5–10 times**.

☑ **Tips:** Perform the massage **daily** or as needed. Use your fingertips, knuckles, or the heel of your hand to stroke or apply pressure.

## ILU Massage Strokes

