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## Aromatherapy

With the help of herbal substances you can stimulate your intestines to heal themselves:

- Various teas such as fennel, cumin and aniseed, lemon balm, chamomile, dandelion
- For use in (abdominal) massages: fennel, aniseed, (cruciferous) caraway, Roman chamomile or lemon balm oil

### Please note




- Use 100% natural embrocations intended for this purpose (e.g. obtained from a pharmacy or the nursing staff during your hospital stay)
- Do not mix aromatherapy oils with other substances such as creams
- The aroma should not be unpleasant
- Do not use if you have been diagnosed with gallstones or a mechanical intestinal obstruction
- Do not use fennel or aniseed if you have hormone-dependent tumours; do not use lemon balm if you have glaucoma or hypothyroidism; do not use chamomile if you are allergic to daisies or are currently undergoing homeopathic treatment; do not use (cruciferous) caraway if you are allergic to umbelliferous plants

All measures can be used as long as medical staff do not recommend alternative treatment.

If you have any questions during your stay at the clinic, please contact the on-duty nursing staff.



## Public transportation | Stops

-  Bus 140 | Wüsthoffstraße  
Bus 248 | Bäumeplan  
Bus 184/248 | Gontermannstraße
-  U6 Platz der Luftbrücke (Bus 248)  
Tempelhof (Bus 184)
-  S Südkreuz (Bus 248, 184) | Tempelhof (Bus 184)

# Prophylactic measures to treat mild constipation

For patients



## What can you do?

Dear patient,

Constipation should be treated as promptly as possible to prevent it from leading to severe physical and mental discomfort.

### Symptoms of constipation

- | Fewer than three bowel movements per week
- | Hard stool in small quantities
- | Potentially associated with pain, straining or the feeling not having fully evacuated

### Risk factors

- | Irregular daily routine, change in circumstances
- | Shame, stress, suppression of the urge to defecate
- | Old age
- | Lack of exercise
- | Use of certain painkillers such as opiates
- | Long-term use of laxatives
- | Low-fibre diet, not drinking enough fluids
- | Certain diseases, operations on the gastrointestinal tract

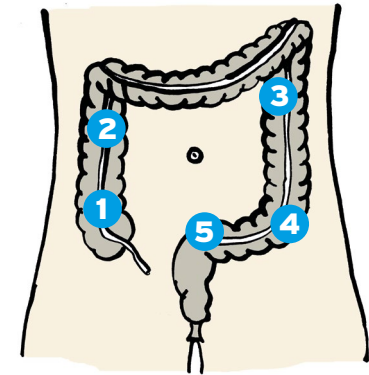
### Basic measures

- | Exercise more
- | Drink approx. 1.5–2 litres of water or unsweetened tea every day (more if you are exercising or the weather is hot)
- | Eat small meals several times a day, chewing your food thoroughly and taking your time
- | Eat a diet rich in fibre (fruit, vegetables, pulses, wholemeal products)
- | Eat foods that stimulate the intestines (e.g. plums, sauerkraut, rhubarb); avoid foods that cause constipation (e.g. bananas, chocolate, wheat flour)
- | Take 1 tbsp. linseed or psyllium per day with at least 250 ml water
- | Take 1–2 teaspoons of virgin vegetable oil with food
- | Do not repress the urge to defecate, if necessary train yourself with a toilet routine
- | On the toilet: take your time, ensure privacy, if necessary raise your legs slightly using a footrest

All measures can be used as long as medical staff do not recommend alternative treatment.

### Abdominal massage

Massaging your abdomen stimulates intestinal activity. Abdominal massage can be used to treat, among other things, intestinal sluggishness (e.g. after an abdominal operation), digestive issues, flatulence, bloating and constipation. The aromatic oils recommended further on are helpful when massaging.



### Method

- | Take your chosen oil and rub it over your hands. Ensure that your hands are as warm as possible
- | Place your hands flat on the abdomen and let them come to rest
- | Using the flat of your hands, make calm, circular clockwise movements around the navel (in the direction of the bowel):
  - 1 start at the bottom right, 2 move upwards,
  - 3 move across to the left, 4 move downwards,
  - 5 massage in the direction of your rectum
- | Reduce the pressure when inhaling and increase it when exhaling (it should not feel uncomfortable)
- | Finally, place the flat of your hands on the abdomen again and feel
- | Ideally, rest for a few minutes
- | Preferably you should do this three times a day for at least five minutes

### Please note

- | Do not use abdominal massage in the event of unclear abdominal issues, internal bleeding, gallstones/mechanical intestinal obstructions or intestinal ruptures, abdominal inflammation or tumours, late-stage or high-risk pregnancy
- | If you have e.g. a plaster, drain or artificial bowel outlet, massage around the abdomen