

# MOWOOT

## Frequently Asked Questions

### Q1: What does MOWOOT do?

**A:** MOWOOT reproduces in a very precise way the abdominal massage that physiotherapists administer to patients suffering chronic constipation in order to:

- Activate the natural movement of the large intestine
- Encourage intestinal transit
- Improve stool consistency and make it softer
- Eliminate abdominal bloating
- Reduce evacuation time

However, please note that the MOWOOT does not work on the anal sphincters. If you have a problem with the muscles of the sphincters, you will reduce the time of evacuation with MOWOOT, but to be able to evacuate, you will still need an external physical stimulus, such as suppository, micro-enema or digital stimulation.

### Q2: How will I know that MOWOOT works? What will I observe?

**A:** The massage delivered by the MOWOOT mimics the movement that your intestines should do naturally. If you use it daily between 10 and 20 minutes, you will observe the following changes:

- The frequency of defecation will increase: you will go more often to the bathroom
- The faecal consistency will improve, making your stools softer and easier to expel
- You will spend less time with each evacuation
- You will no longer have the feeling that you have not finished emptying your bowel completely
- You will be rid of gases and your abdomen will be less bloated
- You will have more appetite and greater desire to include new foods in your diet

Effectiveness of the MOWOOT for solving constipation has been proven by a clinical study presented at the Congress of the Society of Geriatric Medicine of the European Union. All participants increased the mean number of stools per week, reported a significant improvement in stool consistency and a noticeable reduction in defecation time.

### Q3: When will I notice results?

**A:** It depends on each patient and can be days or weeks. There are patients, who notice that their intestines work better after the first couple of days. People with very severe chronic constipation may take from 2 to 10 days to see good results.

Unlike other solutions, such as laxatives or enemas, MOWOOT improves its effectiveness over time and its benefits increase with every use. In any case, you should notice the beneficial effect of MOWOOT therapy within two months.

### Q4: How long should I use MOWOOT?

**A:** We recommend a minimum of 10 to 20 minutes a day for the abdominal massage to be effective. The duration of use depends a lot on the severity of constipation (longer treatment duration offers faster benefits) and your personal preferences or circumstances. Long term use of MOWOOT delivers considerable health benefits.

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### **Q5: Do I have to use MOWOOT several times a day?**

**A:** It is not necessary to use MOWOOT several times a day, but there is no problem in doing so. There are patients who use it up to 3 times a day.

Recommended use is 20 minutes a day. You can use MOWOOT once a day for 20 minutes, 2 times for 10 minutes each or even more, if you need or prefer.

In severe cases of constipation, it is advisable to start with 2 x 20 minutes daily sessions and lower this to 1 x 20 minutes or 2 x 10 minutes daily sessions once results are apparent.

### **Q6: What is the best time of day to use MOWOOT?**

**A:** It is recommended to always use MOWOOT at the same time of day to help the bowel establish a healthy routine. Ideally you should use it in the morning after waking up, but it can be any other time of day that is preferable for you.

The important thing is that you are relaxed and not in a hurry. If you do not have time in the morning, do it at night before bed or in the afternoon, while reading or watching TV.

You should identify a daily stress-free time in your lifestyle and perform the MOWOOT massage every day at that very same time.

### **Q7: Can I use MOWOOT after eating?**

**A:** Although MOWOOT does not affect the stomach, it is better not to use MOWOOT immediately after eating. The massage treatment works more effectively on an empty stomach.

### **Q8: Does MOWOOT use electrostimulation?**

**A:** No, the MOWOOT utilises pneumatic technology that is free of side-effects.

The MOWOOT massage belt accurately delivers therapeutic abdominal massage through pneumatic actuators, which inflate and deflate with compressed air to rhythmically press the abdomen, following the course of the ascending and descending colon.

### **Q9: Can MOWOOT apply too much pressure?**

**A:** No, MOWOOT is equipped with sensors that constantly monitor that the applied pressure is correct and adequate. If pressure above the recommended limits is applied, the device will sound an alarm and turn off after five seconds.

### **Q10: Will I need assistance with using MOWOOT?**

**A:** MOWOOT can be used without assistance by most users.

### **Q11: How do I choose my size of MOWOOT?**

**A:** MOWOOT is available with belts in four sizes, depending on the circumference of your waist:

- Small: 65 – 85 cm
- Medium: 80 – 100 cm
- Large: 95 – 115 cm
- Extra Large: 110 – 130 cm

Measure your waist at the height of the belly button.

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### **Q12: The belt logo is not centered. Should I order another size?**

**A:** Although the belt logo is not centered, this does not imply that another size is needed.

### **Q13: When I adjust the MOWOOT I see the Velcro, should I order another size?**

**A:** You may see part of the Velcro exposed, but it does not mean you need a different belt size.

### **Q14: Does MOWOOT have contraindications?**

**A:** It is recommended that you do not use MOWOOT in the following cases:

- If you are suffering from an acute episode of diverticulitis
- If you are pregnant
- If you have implants in the abdomen
- If you have colon cancer, polyps, or other colon diseases. In these cases, we recommend that you consult your doctor
- If use causes or increases abdominal pain

### **Q15: Does MOWOOT cause any side effects?**

**A:** No, MOWOOT reproduces the abdominal massage as administered by therapists to facilitate intestinal transit. Abdominal massage is the only solution to chronic constipation without adverse effects. To date, when the MOWOOT is used correctly, no negative side effects have been reported by the users.

### **Q16. I have a dysfunction in the anorectal sphincters, can MOWOOT help me?**

**A:** If you suffer a dysfunction in the anorectal sphincters, the MOWOOT will reduce the evacuation time, but you will still need an external physical stimulus (suppository, micro-enema or digital stimulation) to evacuate. MOWOOT massage stimulates the intestinal transit and makes the stool softer and easier to expel, but you still will need to stimulate the sphincter.

### **Q17: I suffer diverticulosis, is MOWOOT suitable for me?**

**A:** Yes, you can use MOWOOT if you have diverticulosis, because the massage increases intestinal transit and therefore helps the emptying of the colon. Consequently, the likelihood of episodes of diverticulitis is reduced.

Important note: In case of an active episode of diverticulitis, it is necessary to stop using MOWOOT for the duration of the episode.

### **Q18: I have recurrent episodes of constipation, is MOWOOT right for me?**

**A:** If you experience recurrent episodes of constipation alternating with periods of bowel normality or periods of diarrhoea, MOWOOT can help you during the episodes of constipation. The specific colon massage will stimulate intestinal transit, improve the consistency of the stool (make them softer) and reduce evacuation time.

Important note: If you suffer from recurrent episodes of constipation, we recommend consulting your doctor to rule out inflammatory bowel disease (IBD) or irritable bowel syndrome.

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**Q19: Since I'm on medication for my health condition, I have constipation. Is it normal? Can MOWOOT help me?**

**A:** Yes, it is normal to get constipated on some medications, such as antidepressants and psychiatric drugs or drug treatments for chronic diseases (i.e. diabetes, hypertension, heart failure, kidney failure, etc.).

MOWOOT can help you resolve chronic constipation by activating the natural movement of the large intestine through a specific abdominal massage that promotes intestinal transit, softens stool and reduces evacuation time.

**Q20: My constipation has become more persistent with age. Is it normal? Can MOWOOT help me?**

**A:** Yes, constipation is more common in the elderly. It is normal that as you age, it gets more difficult to go to the bathroom, that you go less often and / or that you need an external physical stimulus (i.e. suppository, micro-enema or digital stimulation) to be able to evacuate.

MOWOOT activates natural movement of the large intestine through specific massage and speeds up intestinal transit, softens stool and reduces stool evacuation time.

If you have a problem with anal sphincters, MOWOOT will speed up intestinal transit and make stool softer, However, to evacuate, you will still need an external physical stimulus (suppository, micro-enema or digital stimulation).

**Q21: My constipation has become more troublesome since the menopause. Can MOWOOT help me?**

**A:** Constipation is more common after menopause. MOWOOT massage activates natural intestinal movement, improving intestinal transit, softening the stool and shortens evacuation time.

**Q22: Could it be that I suffer from constipation due to my diet? Can MOWOOT help me?**

**A:** Yes, constipation is common in people, who eat a diet low in fibre and water. MOWOOT activates natural intestinal movement through a specific abdominal massage and speeds up intestinal transit, softens stool and reduces evacuation time.

Some patients report that MOWOOT helped to change their dietary habits to include and eat foods not tolerated before.

**Q23: For some time, due to circumstances, I repressed the need to go to the bathroom and now I suffer from constipation and find it difficult to open my bowels. Is it normal? Can MOWOOT help me?**

**A:** Firstly, you should consult your doctor to establish, if you have a dysfunction of the anal sphincters in addition to constipation.

If you suffer a dysfunction in the anorectal sphincters, MOWOOT will increase intestinal transit and soften your stools, but to evacuate you will still need an external physical stimulus (suppository, micro-enema or digital stimulation) to enable you to evacuate.

If your problem is just a chronic constipation, MOWOOT will help you to solve it.

**Q24: I have constipation since I suffered a spinal cord injury. Can MOWOOT help me?**

**A:** Yes, 60% of spinal cord injured patients suffer constipation due to neurogenic bowel syndrome. When autonomic nervous system does not function properly, the body loses control of its sphincters

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and the ability to generate muscular contractions that propel digested food along digestive tract in peristaltic wave motion.

MOWOOT abdominal massage activates peristalsis, speeds up intestinal transit, softens stools and reduces evacuation time.

However, if you suffer a dysfunction in the anorectal sphincters, in addition to using MOWOOT, you will still need an external physical stimulus (suppository, micro-enema or digital stimulation) to help you evacuate. Once you have applied the suppository or the micro-enema or helped with fingers, you will expel the faeces easier and faster.

Spinal cord injury patients, who tried MOWOOT are delighted, because it works very well for them.

### **Q25: I have constipation due to a neurological disease. Can MOWOOT help me?**

**A:** Yes, up to 80% of patients with neurological diseases, such as multiple sclerosis or Parkinson's disease suffer from constipation due to neurogenic bowel syndrome. In neurogenic bowel syndrome the autonomic nervous system does not function properly. The body loses control of its sphincters and the ability to generate peristalsis, wave-like muscle contractions that push the digested food matter along the digestive tract. MOWOOT activates peristalsis, the natural intestinal movement through specific abdominal massage and speeds up intestinal transit, softens stool and reduces evacuation time.

However, MOWOOT does not solve the dysfunction of the anorectal sphincters and if you suffer with anal sphincter dysfunction you will still need an external physical stimulus (suppository, micro-enema or digital stimulation) to evacuate. Once you have applied suppository or the micro-enema or helped with fingers, you will expel the faeces easier and faster.

Multiple sclerosis patients, who have tried MOWOOT are delighted, because it works well for them to solve the constipation problem.

### **Q26: I used laxatives for a long time. Can MOWOOT help me?**

**A:** Yes, it can! Do not stop taking laxatives immediately. Continue using them for the first few days and then gradually reduce daily dosage over a period of few days. This will allow your body to adjust to the effects of MOWOOT. Ensure that you use MOWOOT for up to 20 minutes per day at the same time of the day. Remember that you get the most health benefits of MOWOOT with long-term use.

