

Appendix 1.

PubMed Search strategy:

1. EXP 'Medicine, Chinese Traditional'/'
2. ('Traditional Chinese Medicine' OR 'Chung I Hsueh' OR 'Zhong Yi Xue' OR 'Chinese Traditional Medicine' OR TCM).tw
3. EXP "Drugs, Chinese Herbal"/'
4. ('Chinese Herbal Drugs' OR 'Chinese Plant Extracts' OR 'Chinese herbal medicine' OR CHM).tw
5. OR /1-4
6. EXP Postpartum Period/
7. Premature Birth/
8. Postnatal Care/
9. Pregnancy Complications/
10. (postpartum OR Puerperium OR post-partum OR 'post partum' OR postnatal OR post-natal OR 'post delivery' OR 'after delivery' OR puerperal OR puerperium OR post-labour OR pregnancy OR pregnant OR gestation OR fetation OR conception OR maternity OR conceive OR breastfeeding OR 'breast feeding' OR breast-feed OR breast-fed OR Lactation sucking OR 'after birth' OR childbirth OR child-birth OR Childbed OR childbad).tw
11. OR /6-10
12. Constipation/
13. (dyschezia OR obstipation OR constipation OR constipated OR astriction OR costive OR costiveness OR defecation OR defecatory OR defecate OR belly-bound OR oppilated OR oppilate OR oppilation OR Cacation OR 'bowel movement' OR 'hard stool' OR 'lumpy stool' OR constipat* OR 'impacted stool' OR 'rock-like stool' OR Impaction OR obstipation OR evacuation).tw
14. delayed bowel movement.tw
15. (bowel AND (function* OR habit* OR movement* OR symptom* OR motility OR stool*)).tw
16. colon transit.tw
17. (intestin* AND (motility OR mobility OR peristalsis OR propulsion OR movement OR emptying)).tw
18. OR /12-17
19. randomized controlled trial.pt
20. controlled clinical trial.pt
21. randomized.tw
22. placebo.tw
23. clinical trials as topic/
24. randomly .tw
25. trial.tw
26. OR/19-25
27. Animals/ NOT humans/
28. 26 NOT 27
29. 5 AND 11 AND 18 AND 28

EMBASE Search strategy:

- #1 Chinese medicine/exp
- #2 ('Traditional Chinese Medicine' OR 'Chung I Hsueh' OR 'Zhong Yi Xue' OR 'Chinese Traditional Medicine' OR TCM): ti,ab,kw
- #3 herbaceous agent/exp
- #4 ('herbaceous drug' OR 'herbaceous plant' OR 'herbal agent' OR 'herbal material product' OR 'herbal preparation') .ti,ab,kw
- #5 1-4/OR
- #6 Puerperium/exp
- #7 postnatal care/
- #8 pregnancy/
- #9 (postpartum OR Puerperium OR post-partum OR 'post partum' OR postnatal OR post-natal OR 'post delivery' OR 'after delivery' OR puerperal OR puerperium OR post-labour OR pregnancy OR pregnant OR gestation OR fetation OR conception OR maternity OR conceive OR breastfeeding OR 'breast feeding' OR breast-feed OR breast-fed OR Lactation sucking OR 'after birth' OR childbirth OR child-birth OR Childbed OR childbad) .ti,ab,kw
- #10 6-9/OR
- #11 Constipation/
- #12 (dyschezia OR obstipation OR constipation OR constipated OR astriction OR costive OR costiveness OR defecation OR defecatory OR defecate OR belly-bound OR oppilated OR oppilate OR oppilation OR Cacation OR 'bowel movement' OR 'hard stool' OR 'lumpy stool' OR constipat* OR 'impacted stool' OR 'rock-like stool' OR Impaction OR obstipation OR evacuation) .ti,ab,kw
- #13 delayed bowel movement. ti,ab,kw
- #14 (bowel AND (function* OR habit* OR movement* OR symptom* OR motility OR stool*)). ti,ab,kw
- #15 colon transit. ti,ab,kw
- #16 intestine motility/
- #17 (intestin* AND (motility OR mobility OR peristalsis OR propulsion OR movement OR emptying)). ti,ab,kw
- #18 11-17/OR
- #19 randomized controlled trial/exp
- #20 'randomized controlled trial (topic)/exp
- #21 randomized. ti,ab,kw
- #22 placebo. ti,ab,kw
- #23 randomly . ti,ab,kw
- #24 trial. ti,ab,kw
- #25 19-24/ OR
- #26 (exp animal/ or exp animal experiment/ or nonhuman/) not exp human/
- #27 25 NOT 26
- #28 #5 AND #10 AND #18 AND #27 AND [embase]/lim

Cochrane Central Register of Controlled Trials (CENTRAL) Search strategy:

- #1 'MeSH descriptor: [Medicine, Chinese Traditional] explode all trees'
- #2 MeSH descriptor: [Drugs, Chinese Herbal] explode all trees
- #3 (Traditional Chinese Medicine):ti,ab,kw OR (Chung I Hsueh):ti,ab,kw OR (Zhong Yi Xue):ti,ab,kw OR (Chinese Traditional Medicine):ti,ab,kw OR ("TCM"):ti,ab,kw
- #4 (Chinese Herbal Drugs) :ti,ab,kw OR (Chinese Plant Extracts) :ti,ab,kw OR (Chinese herbal medicine OR CHM) :ti,ab,kw
- #5 OR /1-4
- #6 MeSH descriptor: [Postpartum Period] explode all trees
- #7 MeSH descriptor: [Premature Birth] explode all trees
- #8 MeSH descriptor: [Postnatal Care] explode all trees
- #9 MeSH descriptor: [Pregnancy Complications] explode all trees
- #10 (postpartum OR Puerperium OR post-partum OR 'post partum' OR postnatal OR post-natal OR 'post delivery' OR 'after delivery' OR puerperal OR puerperium OR post-labour OR pregnancy OR pregnant OR gestation OR fetation OR conception OR maternity OR conceive OR breastfeeding OR 'breast feeding' OR breast-feed OR breast-fed OR Lactation sucking OR 'after birth' OR childbirth OR child-birth OR Childbed OR childbad) :ti,ab,kw
- #11 OR /6-10
- #12 MeSH descriptor: [Constipation] explode all trees
- #13 (dyschezia OR obstipation OR constipation OR constipated OR astriction OR costive OR costiveness OR defecation OR defecatory OR defecate OR belly-bound OR oppilated OR oppilate OR oppilation OR Cacation OR 'bowel movement' OR 'hard stool' OR 'lumpy stool' OR constipat* OR 'impacted stool' OR 'rock-like stool' OR Impaction OR obstipation OR evacuation) :ti,ab,kw
- #14 delayed bowel movement:ti,ab,kw
- #15 (bowel AND (function* OR habit* OR movement* OR symptom* OR motility OR stool*)):ti,ab,kw
- #16 colon transit:ti,ab,kw
- #17 (intestin* AND (motility OR mobility OR peristalsis OR propulsion OR movement OR emptying)) :ti,ab,kw
- #18 OR /12-17
- #19 MeSH descriptor: [Randomized Controlled Trial] explode all trees
- #20 MeSH descriptor: [Randomized Controlled Trials as Topic] explode all trees
- #21 randomized. ti,ab,kw
- #22 placebo. ti,ab,kw
- #23 MeSH descriptor: [Controlled Clinical Trials as Topic] explode all trees
- #24 randomly ti,ab,kw
- #25 trial. ti,ab,kw
- #26 OR/19-25
- #27 #5 AND #11 AND #18 AND #26

Web of science Search strategy:

- #1 TS=(Chinese Medicine OR Chung I Hsueh OR Zhong Yi Xue OR TCM OR Chinese Herbal Drugs OR Chinese Plant Extracts OR Chinese herbal medicine OR CHM)
- #2 TS=(Postpartum OR Premature Birth OR Postnatal Care OR Pregnancy Complications OR postpartum OR Puerperium OR post-partum OR ‘post partum’ OR postnatal OR post-natal OR “post delivery” OR “after delivery” OR puerperal OR puerperium OR post-labour OR pregnancy OR pregnant OR gestation OR fetation OR conception OR maternity OR conceive OR breastfeeding OR ‘breast feeding’ OR breast-feed OR breast-fed OR Lactation sucking OR ‘after birth’ OR childbirth OR child-birth OR Childbed OR childbad)
- #3 TS=(Constipation OR dyschezia OR obstipation OR constipation OR constipated OR astriction OR costive OR costiveness OR defecation OR defecatory OR defecate OR belly-bound OR oppilated OR oppilate OR oppilation OR Cacation OR “bowel movement” OR “hard stool” OR “lumpy stool” OR constipat* OR ‘impacted stool’ OR ‘rock-like stool’ OR Impaction OR obstipation OR evacuation)
- #4 TS=(delayed bowel movement)
- #5 TS=(bowel AND (function* OR habit* OR movement* OR symptom* OR motility OR stool*))
- #6 TS= (colon transit)
- #7 TS=(intestin* AND (motility OR mobility OR peristalsis OR propulsion OR movement OR emptying))
- #8 3-7/OR
- #9 TS=Random*
- #10 #1 AND #2 AND #8 AND #9

Chinese Biomedical Literatures database (CBM) Search strategy:

- #1 产后 OR 分娩后 OR 产褥
- #2 主题词=产后期/全部副主题词[不加权:扩展]
- #3 主题词=产褥期/全部副主题词[不加权:扩展]
- #4 #1~#3/OR
- #5 便秘 OR 排便 OR 大便 OR 秘结腹胀 OR 腹痛
- #6 主题词=便秘/全部副主题词[不加权:扩展]
- #7 #5~#6/OR
- #8 主题词=中草药/全部副主题词[不加权:扩展]
- #9 主题词=中成药/全部副主题词[不加权:扩展]
- #10 主题词=方剂/全部副主题词[不加权:扩展]
- #11 中医 OR 中药 OR 中草药 OR 中医药 OR 中西医结合 OR 综合疗法 OR 传统疗法 OR 治疗 OR 疗效
- #12 #8~#11/OR
- #13 随机 OR 盲法 OR 安慰剂
- #14 主题词=随机对照试验(主题)/全部副主题词[不加权:扩展]
- #15 主题词=随机分配[不加权:扩展]
- #16 主题词=随机对照试验[不加权:扩展]
- #17 #13~#16/OR
- #18 #4 AND #7 AND #12 AND #17

China National Knowledge Infrastructure (CNKI) Search strategy:

(SU=产后 OR SU=分娩后 OR SU=产褥) AND (SU=便秘 OR SU=排便 OR SU=大便 OR SU=秘结 SU=腹胀 OR SU=腹痛) AND (SU=随机 OR FT=随机)

WANFANG data Search strategy:

主题:(产后+分娩后+产褥)*主题:(便秘+排便+大便+秘结+腹胀+腹痛)*随机