



Constipation: Products You Can and Cannot Use

Always ask your health care provider before you take any medicine or **herbs**.

- Ask what you can take to add fiber or to soften stools. Your health care provider can tell you what is safe.
- Drink a glass of water every time you take added fiber
- Some iron pills have a stool softener that may help. Ask your health care provider.

When you are pregnant, you should NOT use some products.

Some can harm your baby. Others keep you from getting the vitamins you need to keep you and your baby healthy.

Do not use:

- Laxatives
- Castor oil
- Suppositories
- Senna
- Mineral oil
- Some kinds of antacids (Ask your health care provider)
- Enemas

Watch out for:

- Too much calcium or iron can make your constipation worse. Talk to your health care provider about how much you should take.
- Too much hot or iced tea, coffee, or soda drinks can also make it worse. It's a good idea to stay away from caffeine; it robs the body of water.

