



## Constipation: What You Can Do

When you are pregnant, you are likely to be constipated from time to time. Here are some ideas to help:

### **Eat more foods with fiber every day:**

- Raw fruits with edible peels instead of juices
- Raw or cooked vegetables with edible peels
- Leafy greens
- Dried fruits: raisins, prunes, figs
- Nuts and seeds
- Whole grain breads, crackers, tortillas with at least 3 grams of fiber

### **Whole grain cereals with at least 4 grams of fiber.**

- Wheat/oat bran
- Brown rice, kashi, quinoa, and other whole grains

### **Eat regular meals and snacks and chew food very well**

#### **Eat breakfast daily**

#### **Eating at about the same time each day might help:**

- Try several small meals instead of 1-2 large one



#### **Drink plenty of liquids:**

- Drink water and other fluids such as: decaf teas, decaf coffee, milk, juice, and soup
- Drink warm/hot liquids before you eat in the morning
- Write down how much liquid you drink. Does it add up to 2 or 3 quarts? If not, drink some more.

#### **Be physically active every day:**

- Walk for at least 30 minutes each day
- Do low impact aerobics, swim, and avoid sitting for long periods of time
- Ask your health care provider before you start anything new

#### **Take time for your bowel movements.**

Try to have a bowel movement after you eat.

- If you need to go to the bathroom, don't try to hold it. That can make it worse.
- Raise your feet on a stool or box when you have a bowel movement
- Don't strain

#### **Try a natural laxative.**

- It can help to eat prunes, figs, or dried apricots. You can also drink juice.

#### **When increasing intake of fiber rich food, make sure you drink plenty of liquid.**