

Constipation

Constipated? Try fibre, fluids and a walk around the block.

Why?

Food passes through your body more slowly when you are pregnant so you can absorb the extra nutrients you and your baby need. This may make it more difficult to go to the bathroom.

How to cope

- *Eat foods high in fibre, such as:*
 - *vegetables and fruit,*
 - *whole grains,*
 - *cooked or canned beans, peas and lentils.*
- *Drink plenty of fluids. Warm or hot fluids may be especially helpful.*
- *Be physically active.*

Did you know?

... Prunes are dried plums.

Prunes or prune juice help make stools softer, and make them pass through the body faster.

Check with your doctor or nurse...

If you are pregnant, do not use a laxative to treat constipation without checking first with your doctor or nurse. Laxatives can trigger the onset of labour contractions.