

Constipation in Pregnancy

Constipation is a common problem during pregnancy that can lead to stomach pain, cramps and bloating.

What causes constipation?

- A diet low in fibre
- Not drinking enough fluids
- Changes in your body that happen naturally in pregnancy
- Lack of physical activity
- Iron supplements

How can I prevent or treat constipation?

1. Eat More Fibre

- Gradually increase the amount of fibre in your diet.
- Aim for 25- 35 grams of fibre every day, spread out over the day.
- High fibre foods include:
 - Fresh Vegetables and Fruits
 - Whole grain foods (cereals, breads, pastas, rice)
 - Nuts and seeds (almonds, walnuts, pecans)
 - Dried fruits (prunes, cranberries, raisins)
 - Beans and peas



2. Drink More

- Drink at least 8 cups of fluids (water, milk, broth, etc.) every day
- Drinking plenty of fluids is important for healthy digestion, especially when you increase your fibre.
- Avoid caffeinated drinks such as coffee, tea or sodas.



3. Be Physically Active

- Be active for at least 30 minutes a day.
- These are activities that are considered safe for pregnancy:
 - Walking or stationary cycling
 - Cross-country skiing
 - Swimming or aqua fit classes
 - Stretching and dancing



4. Talk to Your Doctor

- If your constipation continues, talk to your doctor.
- Don't take over-the-counter medications or laxatives without talking to your doctor