

Concerns and Discomforts of Pregnancy - Constipation or Diarrhea

Constipation is very common in pregnancy from changes in body hormones. Diarrhea can be from changes in diet, exercise or prenatal vitamins, or an infection.

Constipation



- Drink 6 to 8 cups of liquids each day. Choose water, juices and milk.
- Eat high fiber foods such as raw fruits and vegetables, whole grains, high-fiber bran cereals and cooked dried beans.
- Do not use laxatives, enemas or over the counter medicines unless your doctor says that it is okay.
- **Call your doctor** if your constipation does not get better in 2 days.



Diarrhea

- Drink 8 to 12 cups of water, broth, or sports drinks that are low in sugar.
- Avoid juices and milk that can make diarrhea worse.
- Avoid caffeine and alcohol.
- Eat bananas, rice, applesauce, toast, yogurt, non-milk based

soups, potatoes, crackers, oatmeal, low sugar and low fiber cereals, and lean protein, such as chicken, turkey, beef, pork, cooked eggs or tofu.



- **Call your doctor** if diarrhea does not get better in 2 days, have pain or cramps that get worse, or are bleeding from the rectum.



- If you have diarrhea 2 days or more, use an oral rehydration product, such as Pedialyte®.

Text adapted from materials produced by Health Information Translations (www.healthinfotranslations.com). This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs License <http://creativecommons.org/licenses/by-nc-nd/3.0/us>

A Healthy Roads Media project
www.healthyroadsmedia.org
English - Concerns and Discomforts of Pregnancy
(Constipation and Diarrhea)

Last reviewed 2012