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®.

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