

Constipation is often caused by normal changes in your body that come with pregnancy. There are some things that you can do to help prevent discomfort.

### Try These 5 Simple Ideas:

1. Drink lots of water! Try hot or warm liquids.
2. Slowly increase the fiber in your diet. Eat more fresh vegetables, fruits, whole grain breads, dried beans, and bran cereals. If you are not eating 5 servings of fruit and vegetables, start today!
3. Dried plums and prune juice work. Try eating 5 or 6 dried plums as a snack.
4. Be active every day by walking, swimming, dancing, and doing prenatal exercises. Talk with your doctor about the best activities for you.
5. Go to the bathroom right away when you feel the need.

**If these 5 ideas do not work, call your doctor. Remember, before taking or stopping any medications, vitamins, or home remedies, talk with your doctor.**



### Use Some of These Foods High in Fiber:

- Whole grain bread.
- Bran muffins and bran cereal.
- Fruits with skin like apples, peaches, grapes, and plums.
- Dried fruit like raisins, dates, and figs.
- Berries.
- Vegetables with skins like baked white and sweet potatoes, peas, and tomatoes.
- Vegetables like turnips, broccoli, cabbage, cauliflower, carrots, spinach, celery, cucumber, and greens.
- Beans and lentils.
- Nuts and seeds.



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