



5 TIPS TO COMBAT CONSTIPATION

Hormonal changes along with increased iron from your prenatal vitamins (or extra iron, if needed), changes in your diet and lifestyle, and a growing fetus can lead to constipation while you're pregnant. Here are some tips to help you find some relief.



Drink plenty of fluids

In order to support your pregnancy, you should aim to consume 8-12 cups of water daily. If you don't like plain water, try infusing it with citrus, berries, or herbs. Certain juices like prune or apple juice or hot beverages may also be helpful.

Aim for 25-30 grams of fiber-rich foods/day

Fiber is abundant in fruits, veggies, whole grains, beans/lentils, and nuts and seeds. Try to include a fiber-rich food in each meal and snack to ensure that you are meeting your needs.



Get 30 minutes of moderate exercise at least 5 times weekly

Incorporating regular movement into your day can actually help reduce backaches, boost your mood and energy levels, help you sleep better, and reduce constipation! Be sure to check with your provider to determine the best and safest option for you.

Try a different Prenatal Vitamin

Perhaps the iron in your prenatal vitamin is too much for your digestive system to handle. Talk with your provider, who may be able to suggest a lower iron alternative.



A few tips and tricks

- Natural Calm (a magnesium supplement)
- Colace 100mg 2 x a day
- Warm prune juice, coffee, tea, warm water
- Warm prune juice & grape nuts!
- Kiwi