

Constipation in Pregnancy

CORNERSTONE
Ob-Gyn



Stay Hydrated

DRINK AT LEAST
EIGHT 12OZ GLASSES
OF WATER DAILY.

Keeps Solids Moving
Through Your System

Naturally Softens Stool

Maintains Good
Blood Volume



Eat More Fiber

AIM FOR 25 TO
30 GRAMS OF
FIBER DAILY.

Eliminates Waste

Fiber-Rich Foods:
Whole-Grain Bread
Whole-Grain Cereals
Beans
Fresh Fruits & Veggies



Pace Your Meals

SPREAD OUT
EATING TO 5-6
SMALLER, MORE
FREQUENT MEALS

Encourages Your System
To Keep Moving

Stabilizes Blood
Sugar Levels

Provides Nutrients
Through The Day

More Efficient Metabolism



Get Moving!

SIMPLY GETTING UP
AND MOVING CAN
HELP CONSTIPATION

Aim for Regular Exercise

**Walk 10-15 Minutes
Several Times A Day**
*Walking helps stimulate
bowel movements and
keeps the digestive
tract healthy*



Stool Softeners

CAN TAKE 3-7 DAYS
TO SEE RESULTS

Colace

Take one tablet twice daily

Fibercon

*Take two tablets twice
a day until bowel
movements resume*

Metamucil

Take as directed on bottle

Be Patient!

*Lifestyle changes can
take time to show results*