

## **k. Gas**

### MODULE 2

#### **Causes**

Gas is frequent during pregnancy because your intestines (bowels) have slowed down. Gas has, therefore, more time to form. The pressure of the uterus on the stomach and the intestines also causes gas.

#### **What can I do?**

- Think about the foods you ate just before experiencing gas pains. Reduce the foods that cause this problem. Several foods may cause gas. They are different for different people.
- Avoid constipation. Follow the advice given in the section on constipation.
- Remain active

#### **If nothing works?**

- Gas is embarrassing but in most cases, not a major problem.
- If gas becomes painful, talk with your health care provider.