

# j. Constipation

## MODULE 2

### Causes

You are constipated if your stools are hard and dry or if you have difficulty having a bowel movement. Constipation is very unpleasant but can be treated naturally.

The intestines (bowels) function less during pregnancy. This may result in constipation. Women taking iron supplements may become constipated. Changes in diet and decreasing exercises can also cause constipation. Later in the pregnancy, the pressure of the uterus against the intestines can aggravate the problem.

### What can I do?

Here are a few tips to alleviate constipation.



### If nothing works?

- Talk with your health care provider if the problem persists more than a week.
- If your health care provider has prescribed iron supplements, ask if you should stop taking them.
- Never take a laxative or other medication without talking with your health care provider.