



# CAN CONSTIPATION DURING PREGNANCY BECOME A SERIOUS PROBLEM?

## Complications of untreated constipation



### **Anal fissure**

Straining may cause tears in the inner anal membrane, resulting in pain and bleeding.



### **Hemorrhoids or piles**

Swelling of the anal blood vessels. It can be itchy, painful, and may bleed.



### **Rectal prolapse**

The rectum slips down from its normal position.

## Lifestyle changes during pregnancy to prevent constipation



Try using the toilet first thing in the morning, after meals, or whenever you feel the urge.

Stay active with walking, swimming, moderate exercises, and yoga.



Adequate fluid intake in the form of water and fruit juices (prune juice is good for constipation).

Cut down on caffeinated beverages.



Include fiber-rich whole grains, fruits, and vegetables in the diet.