POSITIVE OPTIONS

Helpful Hints for Relieving Constipation in Pregnancy

- **Drink at least 64 ounces (4 16-oz bottles) of water a day. Prune juice is a great natural laxative.**
- **Try high-fiber fresh fruits, like apples, pears, oranges, grapes and blueberries.**
- **Keep dried fruits like raisins, dried plums, apricots, cherries or cranberries in your bag for quick energy.**
- **Other helpful foods include; fresh or lightly steamed veggies like broccoli and cauliflower, fresh salads, whole-grain hot cereals like old-fashioned or steel-cut oats, popcorn, and whole-grain crackers/breads.**
- **Drink two glasses of warm water or decaf tea in the morning.**
- **Get some light exercise everyday---walking, swimming, and yoga are good choices. Always check with your OB-GYN before starting any new exercise program.**
- **AVOID: putting off using the toilet, using any type of laxative (can trigger contractions), or eating binding foods like cheese and white rice when you are constipated.**
- **Always check with your OB-GYN before using any over-the counter medications, supplements or herbal treatments for constipation.**