

Constipation in pregnancy

A one-page guide for pregnancy. General information, not personal advice, and not a replacement for your GP, midwife or obstetrician.

What is worth knowing

- Pregnancy hormones slow your gut down, so constipation is very common.
- Fluid, fibre, iron and other supplements, medicines, movement and routine can all play a part.
- Which of these is behind yours decides what to change first, so the answer differs from person to person.
- Iron and some multivitamins can cause constipation: ask your doctor about the dose or type before changing them.

Why one list does not fit everyone

Adding more fibre without knowing the cause can make bloating worse and leave the real cause untouched. A dietitian looks at your food, your supplements and your routine to work out where to start.

Questions to bring to your dietitian

- Where are the gaps in my fibre and fluid?
- How do I add fibre without more bloating?
- Could my iron or multivitamin be part of the problem?
- Which changes fit my routine and what I already eat?

See your doctor if constipation is severe, not improving, or you are worried. **Get urgent care** if you also have bleeding from your bottom or blood in your stool, severe tummy pain, cramping or bloating, vomiting, or unexplained weight loss. Check with your doctor or pharmacist before taking any laxative.

Want help that fits your pregnancy?

The Constipation Mini Consult is 20 minutes with an Accredited Practising Dietitian, by telehealth from anywhere in Australia, for \$39.

ausclin.com.au/pregnancy-constipation-dietitian
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