

Gestation Constipation: Causes and Symptoms

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Constipation is a common, unwelcome part of gestation. But there are simple, straightforward life changes you can make to get relief. Your healthcare provider can recommend specifics that may help, too. Generally, your symptoms will resolve after you have your baby. Having constipation means that you're floundering to poop, or have a bowel movement. It happens when the food that your body no longer needs (waste) hardens in the lower part of your digestive tract (bowel) rather than moving out as a coprolite. Utmost people have had the unwelcome experience of being constipated ahead, but it's indeed more common when you're pregnant. The hormone changes in your body that make gestation possible can increase your chances of getting constipated.

You may start to feel constipated once the hormone situations in your body increase to support your gestation. The changes can be as beforehand as the alternate or third month of your first trimester. About 16 to 39 of people get constipated at some point during gestation. You're most likely to get constipated in the third trimester, when the fetus is heaviest and putting the most pressure on your bowel. Constipation can be in all three trimesters, however. Occasionally, you'll continue to be constipated up to three months after the baby's born.

Causes of constipation during gestation

Hormone changes in your body during gestation and your diurnal habits can increase your chances of constipation. Causes for constipation during gestation include Progesterone your body makes further of the hormone progesterone when you are pregnant. Progesterone relaxes your bowel, or bowel, so that they don't work as hard to squeeze waste out through your body. The retardation allows your body further time

to absorb nutrients and water from the food you eat. The longer the food remains in your bowel the further time your large intestine (colon) has to absorb the humidity out of it. The waste becomes dried out and hard to pass when you try to poop.

The fetus growing fetus makes your uterus heavier. This redundant weight can put further pressure on your bowel, making it harder for waste to travel out of your body. The iron from your antenatal vitamin the iron you're getting from your antenatal vitamin helps your body make the blood demanded to circulate oxygen throughout yours and your baby's bodies. Too important iron can make it harder for bacteria in your bowel to break down food, however. Not drinking enough water to soften the waste that's wedged in your bowel just makes the problem worse. The waste can make up, causing you to come constipated. Life your diet, the quantum of fluids you drink each day, and how important exercising you do all play a part in making your constipated. Utmost people who are pregnant aren't eating enough fiber, drinking enough water, or getting enough exercise to help their digestive system move waste out of the body.

The symptoms of constipation during gestation

Releasing a coprolite feels satisfying. Constipation feels just the contrary. You can tell you're constipated when you are only suitable to poop a many times a week. You strain to poop, and your belly feels blown and gaseous. When you poop, your droppings are lumpy and hard. They're so dry that passing them is painful. Occasionally, constipation leads to or worsens hemorrhoids and anal crevices. Like constipation, both conditions are common during gestation.

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