

Constipation is a common, unwelcome part of gestation. But there are simple, straightforward life changes you can make to get relief. Your healthcare provider's 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.

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)

### **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