



A Few Other Ways To Deal With **GREEN POOP** In Pregnancy

- Do not panic if you have spotted green stools just once.
- Try eliminating foods containing green or purple dyes.
- Pay attention to changes in poop color when frequent.
- In case of watery stools, take sufficient fluids with electrolytes.
- Seek medical care if your poop is accompanied by blood.
- Discuss with your doctor about changing prenatal vitamins.



Reference

- Why Is Your Poop Green?; Cleveland Clinic