

Tips To Keep Your Colon Clean During Pregnancy



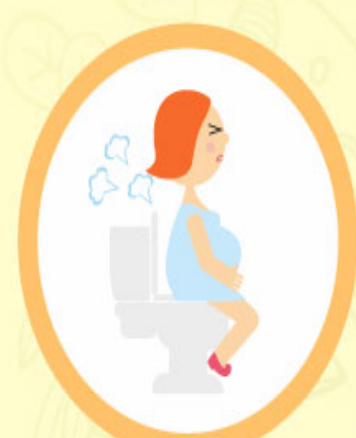
Drink at least ten glasses or 2.3 liters of water daily.



Eat fiber-rich foods, such as beans, lentils, whole grains, fruits, and vegetables.



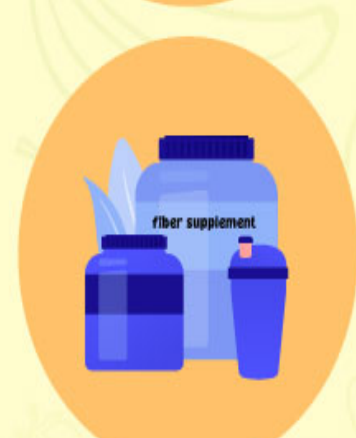
Engage in physical activities such as yoga, walking, pilates, and swimming.



Use the toilet when you feel the urge to poop. Relax your pelvic muscles and take deep breaths while passing stool.



Have five to six small meals and avoid gassy foods to prevent indigestion.



Take fiber supplements if necessary under your doctor's consultation.

References:

1. Constipation in pregnancy; Health Service Executive
2. Common Changes During Pregnancy: First trimester; Stanford Medicine Children's Health
3. Colonic Irrigation when Pregnant; UK Health Centre