

Constipation and Hemorrhoids in Pregnancy

Constipation

During pregnancy, your progesterone levels rise causing reduced motilin levels which is a hormone that helps regulate your digestive tract. In turn, the smooth muscles of your digestive tract relax and can cause sluggish digestion.

Adjust your diet

- Increase your fiber intake by adding more
- Increase water consumption
- Prunes, prune juice, raisins and other dried
- Decrease dairy in diet
- Single serving of hot coffee or even hot



fruits, vegetables, whole grains (see list below)

fruit

water

Lifestyle changes

- Increase exercise
- Relax! Try taking a warm bath or meditating to reduce tension in your body

Natural Treatments

- Magnesium Supplement like Natural Calm
- Coconut Oil added to meals
- Start taking a probiotic daily

Over the Counter Treatments

- Metamucil or Psyllium Husk Powder
- Stool Softener: Colace 100mg once a day
- If necessary, Milk of Magnesia

DIY Remedies

- Make homemade Bran Muffins

High Fiber Foods

- Beans and lentils
- Avocados
- Chia Seeds
- Green Peas
- Collard Greens
- Broccoli
- Whole Wheat Pasta
- Oranges
- Sweet Potatoes
- Bananas, apples



Hemorrhoids

Hemorrhoids are varicose veins in the rectal opening that can cause burning, itching, irritation and bright red bleeding. Due to the increased blood volume and expansion of the uterus, they are more common during pregnancy. Constipation can aggravate or even cause hemorrhoids.

Diet/Lifestyle changes

- Prevention! Stay regular- avoid constipation with high fiber diet and lifestyle changes listed to the left
- Avoid straining as much as possible
- Try sitting or lying on your side if you have a painful hemorrhoid

Natural Treatments

- Witch Hazel or Ice packs to reduce pain and inflammation
- Grate a peeled white potato, put ~ 2 Tablespoons inside a small piece of cause then chill or freeze it. Apply to hemorrhoids 2x/day
- Sitz baths

Over the Counter Treatment

- Tylenol 500-1000mg as needed,
- Hydrocortisone cream twice a
- Preparation H cream



max 4000mg/day
day

DIY Hemorrhoid Cream with turmeric and

tea tree oil

Ingredients

- 2 ounces shea butter
- 2 ounces coconut oil
- 1 ounce aloe vera gel
- 1 tsp apple cider vinegar
- 1 tsp witch hazel
- 10 drops lavender essential oil
- 5 drops tea tree essential oil
- 5 drops turmeric essential oil

Directions

- Warm the shea butter in a double boiler then mix in coconut oil and blend well
- Add remaining ingredients and blend again
- Place in glass jar with a tight lid
- Rub onto the affected area twice daily