

CONSTIPATION

You need to drink lots of fluids while you are pregnant. Staying well hydrated is one way to avoid constipation, a common complaint of pregnant women. Exercise every day and eat plenty of fruits and raw vegetables. Try all the natural remedies first including the addition of bran and bran products to your diet. If these do not work, please refer to the **“Approved Medications During Pregnancy”** list at the top of the page.