

HEMORRHOIDS

Many women suffer with hemorrhoids or get hemorrhoids for the first time while they are pregnant, but this does not mean it will happen to you.

Hemorrhoids are enlarged veins right at the opening of the rectum frequently caused by straining due to constipation. To help prevent hemorrhoids, you need to eat lots of fresh fruit, raw vegetables, bran products and drink lots of water. If you do suffer with hemorrhoids, try lying on your side with your hips elevated on a pillow. Soaking in a warm tub can help, too.

See "**Approved Medications During Pregnancy**" list at the top of the page