

## **URINATION**

When your uterus expands, it puts pressure on your bladder. The need to frequently urinate is common in the first stages of pregnancy and in the last weeks. Do not try to control this issue by drinking fewer fluids. Inadequate water intake can cause dehydration or contractions. You should drink approximately \*2.3 liters or 10 cups daily to stay well hydrated. When you are hydrating adequately your urine will look clear and not dark yellow.