



Constipation and Hemorrhoids

- Avoid constipation – if you do become constipated, you can try the following:
 - Increase dietary fiber, water intake and exercise
 - Discuss with your midwife any iron supplements you may be taking – they can contribute to constipation
 - Avoid antacids or laxatives
 - Drink prune or pure cherry juice
 - Avoid foods that are known to be constipating (such as refined carbohydrates, processed foods, bananas, dairy foods and fried foods)
 - Try drinking something hot followed immediately by something cold
 - Try Smooth Move tea
 - If constipation is not relieved by these measures, try glycerin suppositories inserted rectally to lubricate and get things started.
- Take 500 mg of Vitamin C and 400-1000 IU of Vitamin E daily (you may get some of this in your prenatal vitamin)
- Place your feet on a book or low stool when having a bowel movement to reduce pressure
- You can try replacing a small hemorrhoid inside when in a warm bath or by using a gloved finger lubricated with olive oil or a water-based lubricant
- To ease symptoms, try the following:
 - Apply a compress of peeled, grated raw potato
 - Use “Tux pads” (or make your own with Witch Hazel)
 - Hyland’s (or other brand) homeopathic hemorrhoid ointment (avoid Preparation H, as it contains mercury which is absorbed through your mucosal tissue)

If you are experiencing rectal bleeding or very painful hemorrhoids, please let your midwife know.