
How to deal with this sever constipation ?!

Posted by Suzy - 2008/02/10 07:22

I was wondering how you delt with constipation during pregnancy.I have severe abdominal pain from the constipation and severe abdominal pain as I am passing a bowel movement.im not sure what to do.Does anyone out there know what to take or to do for constipation?

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Re:How to deal with this sever constipation ?!

Posted by Reem - 2008/02/11 15:46

Lots of water, lots of veggies and fruits, and lots of walking. If this doesn't help try prune juice and/or stool softeners such as colace.

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