Prevention of constipation during pregnancy with the hydration

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Introduction: Constipation is a functional bowel disorder characterized by pain and discomfort, straining, hard stools and feeling of incomplete bowel movement. Pregnancy predisposes to constipation, about a third of pregnant women report suffering from constipation. It is more common in multiparous than primiparous.

Objective: Knowing how hydration affects the prevention of constipation during pregnancy.

Method: A literature search was performed in the following databases: Cochrane, IME, Pubmed, Cuiden and the website of the Spanish Society of Obstetrics and Gynecology.

Results: Constipation in pregnancy is probably due to reduced gastrointestinal motility by an increase in the concentration of circulating progesterone during pregnancy, resulting in a slowing of gastric emptying and intestinal transit for its relaxing effect on the smooth muscle. Conduct an adequate fluid intake helps prevent constipation. This should include about 8 glasses of water a day and a glass of fruit juice, especially plums.

Conclusions: In pregnancy is important to have a balanced diet and drink adequate amount of fluids within an active lifestyle and healthy life. Proper hydration during pregnancy benefits the fetus and the mother.

Key words: pregnancy, constipation, hydration.

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