Shifting hormones, a slowdown in digestion, lifestyle and diet changes, and your baby’s growth can cause digestive changes during pregnancy.

**Nausea and Vomiting**

Thanks to hormones, nausea and vomiting are common during early pregnancy.

**Constipation and Hemorrhoids**

Constipation is very common during pregnancy. Straining to poop, which can happen if you’re constipated, plus extra blood volume during pregnancy, can lead to hemorrhoids.

**Diarrhea**

Changes in what you eat, your hormones and lifestyle choices, and constipation can cause diarrhea.

**Acid Reflux and Heartburn**

Acid reflux and heartburn are some of the most common pregnancy complaints. Blurred digestion creates more gas and acid build-up, and your baby physically pushes stomach acid up your esophagus.

**IBS in Pregnancy**

Irritable bowel syndrome (IBS) is a digestive disorder that can cause symptoms like nausea, gas, abdominal pain, diarrhea and constipation.

Contact your medical provider if you have any ongoing or unusual symptoms during your pregnancy or experience any bleeding, fluid leakage, severe pain or regular cramps.