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Pregnancy causes changes in the body, some of which you are aware of and some that take you by surprise. Your stool is usually light brown, and depending on what you ate the day before, it can vary a few shades. Some women, however, experience green poop that can be worrying, especially during their first pregnancy. Read more to learn more about how it occurs and what it means. Usually poop during her pregnancy would look no different from when she wasn't pregnant. The changes you observe are caused by hormonal fluctuations and dietary changes you make during pregnancy. Normal poop is brown because there is a digestive juice in it called bile, which is produced by the liver. Bile juice is greenish yellow and helps break down fats in food. As it moves through the gut, enzymes and bacteria react with it and eventually change its color to brown. A range of colors is considered normal for poop, starting from light yellow to dark brown or black. Dark green feces during pregnancy are considered normal, unless accompanied by other symptoms. A good way to evaluate healthy poop is that it should be soft enough not to hurt when you go and cohesive enough to stay intact in the toilet. His feces are composed of a number of things, such as water, indigestible foods such as fiber, fat and cholesterol, proteins, dead bacteria and intestinal mucus. Pregnancy can alter your digestive process and change the color of your stool. Therefore, it is quite normal that pregnant women have green faeces. In fact, it is a relatively common complaint among pregnant women. Although debatable, some even regard green poop as an early sign of pregnancy, due to hormonal changes involved. The color of the usual brown poop is due to bacterial action in its bile juice. Normal bowel movement gives microbes enough time to convert bright yellow-green bile juice to darker brown. One reason your poop might be green is that it has passed through the digestive tract too quickly, before bile could be broken down properly. There are several factors that cause this: These are some of the diseases that can cause green poop: It is a genetically occurring autoimmune disorder, where ingestion of a protein called gluten, present in grains such as barley, wheat and rye, can cause immunological reactions. It causes inflammation in the small intestinal lining, which inhibits the absorption of certain nutrients and leads to complications. 2. Giardia It is a parasitary infection of the intestine that can be contracted by ingesting contaminated food or water. It is clarified on its own in most cases, while severe cases should be treated with antibiotics. This is an inflammatory disease of your colon, due to the excessive growth of a certain type of bacteria. Often the result of antibiotics causing a disruption of healthy bacteria in the colon. This leads C. diff bacteria to grow them, throwing the 4. Irritable bowel syndrome This affects the large intestine, where muscles that help food move through large intestines contract irregularly and stronger than normal, causing swelling, gas and diarrhea. 5. Ulcerative colitis It is an intestinal disease that affects the inner lining of the colon and rectum. It causes ulcers and inflammation in the digestive tract leading to abdominal cramps and indigestion. Patients suffering from this also have a high risk of developing colon cancer. Cancerous growth of the intestine affects bowel movement, blocking or restricting its flow. This can greatly affect digestion. Crohn's disease affects parts of the bowel and colon, and can sometimes be life-threatening. It cannot be cured, but medications are used to slow the progression of the disease. 8. Salmonella Food Poisoning Salmonella is a bacterial infection that can be contracted by eating contaminated food. It is mainly propagated by contaminated and undercooked birds. E.coli is a commonly found bacteria that causes food poisoning and spreads through ingestion of contaminated food and water. Undero baked meat is also a major cause for the spread of E.coli. 10. Viral gastroenteritis Gastroenteritis Viral Gastroenteritis, commonly called stomach flu, spreads through contaminated food, water, or share utensils or towels with a person who is infected. Excluding hormonal changes and diseases, there are few other factors that can lead to green poop. What you eat influences the color of your poop. You may have noticed that a day after consuming beetroot. Many pregnant women eat many greens in the form of broccoli, green leafy vegetables and spinach, for all the essential nutrients they need. This overimmission of chlorophyll (the pigment in leaves that makes them green) can turn their poop green. Therefore, limiting the greens can solve the problem. This refers to how long the food you eat stays in the large intestine before it leaves the body. Short transit times lead to green poop as green bile moves quickly through the colon, along with undigested foods. 3. Prenatal vitamins Sometimes, even a healthy diet can not offer all the nutrients you need in the right amounts, and in these circumstances, your doctor prescribes prenatal vitamins for an additional boost. Some of the minerals, such as iron, present in vitamins can turn poop green, as the body sometimes does not absorb or cannot absorb all of this. Certain medications, such as antibiotics given during an infection, can sometimes turn your poop green. What you need to remember is that the change is temporary, and the color will eventually return to normal, once the course of antibiotics stops. 5. Laxatives If you are in laxates, accelerate movement of food in your intestines, which can result in green poop. Slower transit time cannot completely break down the bile juice, which turns its poop green. How to do it? In general, there is no need to worry about stool during pregnancy. Thousands of women experience it everywhere. It might be a little disturbing if you are a first-time mom, therefore talking to your doctor and ruling out any serious condition is the first step to taking the edge. If the green stool still bothers you and you're sure it's caused by your diet, make changes to it and eliminate foods that may contain dyes like green or purple. Switch to a prenatal pill that has less iron, if the pills are causing color, after a consultation with your doctor. If you are on medication for an infection, take it to your doctor's notice, so the dose can be reduced or changed. What you eat influences the color of your poop. You may have noticed that a day after consuming beetroot. 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If you are on medication for an infection, take it to the notice your doctor, so the dose can be reduced or changed. As for health problems, avoiding contracting infections is not only good for the color of your poop, but also your overall health. Wash and cook all foods thoroughly, bottoms. Meat. Wash your hands often and use generous amounts of sanitizer when you are away. Eat on time and follow a balanced diet to keep your digestive system functioning well. When to call a doctor? You can ignore changes in the color of your stool, from time to time, if you are not accompanied by any other warning symptoms. Schedule an appointment if you're experiencing green poop more often. You will be asked about the changes you have made to your lifestyle and diet after becoming pregnant. This information may reveal the underlying causes of a color change. There are rare cases where green stools could indicate serious health problems, and you should contact your doctor if you notice: Blood or green mucus in feces. Diarrhea and aqueous stool that lasts a few days, with cramps and abdominal pain. Physical symptoms such as rectal pain, fever and loss of appetite, along with green streaks Intermittent constipation attacks Fluctuation in hormones, caused by pregnancy, can cause discharge that is yellow-green, often mistaken for green and aqueous screes. Be sure to visit a doctor if you realize this happens, as it might indicate that you are pregnant, or even simply assist in diagnosing an infection in its early stages. 2. Should I be worried about green stools? If you are sure the cause of green feces is nothing more than certain foods or supplements, you shouldn't worry. However, if you notice other symptoms such as cramping, bleeding, signs of an infection such as fever, tremor, etc., consult a doctor. Poop when you are pregnant should be ideally the same as poop when you are not pregnant. However, it is advisable to stay tuned and notice the symptoms that are out of the blue, such as unexplained green faeces, abdominal pain, etc. Green streaks in pregnancy are common and not a cause for concern most of the time, so take a deep breath and consult your doctor to rule out or diagnose any serious problems. Also read: Rectal bleeding in pregnancy constipation during pregnancy

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