

## Mucus in Stool During Pregnancy

**M**ucus is nothing but a white or yellow fluid which helps in lubricating the airway and gastrointestinal tract. Besides lubrication, this fluid safeguards the surface area of the digestive, respiratory, and excretory system versus destructive agents like stomach acids. During pregnancy, a woman's body goes through various changes; out of which mucous in her stool is common. It is not an unusual occurrence, and usually disappears within a few days.

### Infection

Urinary tract infection is one of the main mucous in urine causes. The mucous mainly comes from the WBC (White Blood Cells) which get in the urine to avoid the infection from spreading. If you are experiencing cloudy urine due to an infection, then you will also experience other symptoms like abdominal discomfort, painful feeling while urination, fever, nausea, and flank pain. If you experience mucus in urine on a regular basis, it's much better to get yourself looked for an infection.



### Diet & Cures

It's obvious **Irritable Bowel Syndrome** isn't a pleasant experience to endure. The good news is there are lots of ways to control symptoms and "flare" to make it a very workable condition. Noted below are some good guidelines to follow and make your life as IBS-free as possible:

- Soluble fiber stimulates bowel movements and prevents **constipation** to a great extent.
- It is also known to regulate blood pressure.
- It also reduces the chances of the occurrence of heart diseases, as it lowers the level of cholesterol in the blood.
- It also reduces the risk of many types of cancer.
- Insoluble fiber, specifically, prevents and deals with constipation.
- It is also known to reduce the risk of colon cancer.

### Conditions that May Cause White Mucus in Stool

Irritable Bowel Syndrome (IBS).

This condition affects the large intestine. Apart from the presence of mucus in stool, other symptoms of irritable bowel syndrome include stomach pain, gas, constipation, **diarrhea** and bloating.



Constipation Irritable Bowel Syndrome Nausea Diarrhea

### Small Intestine Infections.

Infection in the small intestine is primarily caused by bacteria or infection. Usually, it takes place due to ingestion of contaminated food and drinks. If infected by infection, it is called viral gastroenteritis. Sometimes, infectious organisms may be sent from other internal parts of the body. Digestive infection symptoms are loss of appetite, stomach cramps, constipation, and diarrhea.

### Hydrolyzed Guar Gum.

Is a water-soluble and non-gelling fiber. This fiber helps in reducing diarrhea and constipation. It also helps in easing abdominal pain. Bacteria such as lactobacilli and bifidobacteria, that are advantageous for our body, are also increased by it.

### Diet for Irritable Bowel Syndrome \*.

For some people, a strict diet can be an option for irritable bowel syndrome. \* There are certain foods that contain probiotics that can provide the support that your body needs. \* Additionally, there are some foods that your body just might not agree with as a result of IBS. Therefore, changing your diet to help with irritable bowel syndrome can be a solution for people who want natural relief. \* There are OTC items that you can take to minimize signs, but you have to remember that these don't provide remedy for the cause of the problem at all. \*

### Exercise Regularly.

Having a habit of working out is always good. There are a lot of good things that comes with staying fit or doing things to have a healthy lifestyle. One of its effects is avoiding IBS. There are sites on the Internet that may tell you the same thing such as [ibstreatment.com](http://ibstreatment.com). A lot of illness or conditions can be prevented and being in the know of these things is quite effective.



“ **Ralph Thompson**

Ralph is a post curator at [jerseycheapwholesalechina.com](http://jerseycheapwholesalechina.com), a blog about alternative health news. Last year, Ralph worked as a marketing manager for a well-known high tech company. When he's not scouting for new articles, Ralph loves scuba diving and rafting.

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