

## 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 mucus mainly comes from the WBC (White Blood Cells) which enter the urine to prevent the infection from spreading. If you are experiencing cloudy urine due to an infection, then you will also experience other signs like abdominal pain, painful sensation while urination, fever, nausea, and flank discomfort. If you experience mucous in urine on a regular basis, it's better to get yourself looked for an infection.

### Diet Plan & Cures

It's obvious **Irritable Bowel Syndrome** isn't an enjoyable experience to endure. The good news is there are lots of ways to manage symptoms and "flare ups" 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 lessens 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 Mucous 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 consist of abdominal pain, gas, constipation, **diarrhea** and bloating.



Constipation Irritable Bowel Syndrome Nausea Diarrhea

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**Severe Back Pain** Back pain is as common a condition as headache. It can be seen in people of any age group, however, it is more common in middle-aged people. It can be chronic or intense, depending on the cause. Among the various types, the lower neck and back pain...

### Small Intestine Infections.

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

### Hydrolyzed Guar Gum.

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

### Diet for Irritable Bowel Syndrome \*.

For some people, a strict diet can be a solution for irritable bowel syndrome. \* There are certain foods that contain probiotics that can offer the support that your body needs. \* In addition, there are some foods that your body just may not agree with as a result of IBS. Therefore, changing your diet to assist with irritable bowel syndrome can be a solution for people who want natural relief. \* There are OTC products that you can take to relieve signs, but you have to bear in mind that these don't provide remedy for the cause of the problem at all. \*.

### Exercise Regularly.

Having a routine of working out is always good. There are a lot of good things that features remaining fit or doing things to have a healthy lifestyle. One of its effects is preventing IBS. There are websites on the Internet that may tell you the same thing such as [ibstreatment.com](http://ibstreatment.com). Most illness or disorders can be avoided and being in the know of these things is very much effective.



“ **Damion Mcdaniel**

*Damion is a leading content curator at [palyamotorozas.com](http://palyamotorozas.com), a site about health tips. Last year, Damion worked as a manager for a well-known high tech web site. When he's not reading new content, Damion enjoys singing and shopping.*

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