I'm not a bot



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CausesTreatmentPreventionComplicationsWhen to see a doctorOutlookSummaryWhite specks in stool usually result from food, medication. Changes in the appearance of stool can signal a health problem. However, these changes often reflect adjustments to diet or bowel
habits. Nuts and seeds can sometimes go through the body without breaking down completely. The outer shells of some pills can also survive the digestive process and show up in the stool. Tapeworms or pinworms can look like white specks, and medications are available to treat both infections. Share on PinterestWestend61/Getty ImagesCertain types
of food, medication, or parasites can cause white specks in stool. The body does not digest some foods as thoroughly as others. For example, sesame seeds and some nuts, such as almonds, are white specks in stool as white specks. These seeds have a hard outer layer that protects the contents inside, and they may
pass through the digestive system whole. White specks in stool that occur soon after a person has eaten seeds are usually no cause for concern. Learn more about undigested food in the stool. Some pills have hard outer casings. The body may absorb the medication but not this casing, which can appear in stools. Empty cases are sometimes called ghost are usually no cause for concern. Learn more about undigested food in the stool. Some pills have hard outer casings.
pills. Some people may be concerned when a drug casing appears in their stool because they think the medication has not worked. However, finding the pill casing in the stool is normal for long-acting or extended-release medications. If a person is worried, their doctor may be able to prescribe an alternative medication. For example, some medicines
are available as liquids rather than pills. Tapeworms and pinworms can appear as white specks in stools. Tapeworm infection is uncommon, but these specks are usually flat, square-shaped, and about the size of a grain of rice. Learn more about parasitic
infections in humans. The correct treatment will depend on what is causing white specks in a person's stool. If white specks in a person's stool result from undigested food, then it is typically not cause for concern. However, assessing which foods pass whole and limiting them can reduce how often this occurs. If medication casings pass through a
person's gastrointestinal tract without proper digestion, doctors may be able to prescribe alternative medications kill the parasites. These medications kill the parasite, which will pass out of the body in a stool. Changes in the color and appearance of
the stool are likely to happen occasionally, and prevention is not always possible. A person may choose to keep a food diary and check the appearance of their stools. This can help to determine the cause of white specks. Avoiding whole nuts and seeds should cause the appearance of stool to return to normal. To prevent intestinal parasite infections,
people should:wash hands thoroughly before preparing and eatingonly drink from safe water sourcesthoroughly wash any garden-grown fruit and vegetablesdeworm pets regularlyLearn about the proper handwashing technique. Remnants of foods and pill casings passing to the stool are typically not a cause for concern. However, parasitic infections
can lead to complications. It is unusual for a person with a tapeworm infection to have complications. However, newly hatched tapeworms can move from the gut to other organs, and this can cause cysts. A cyst is a small sac filled with fluid. Some cysts can stop organs from working correctly, most commonly the brain or liver. A person who suspects a
parasitic infection should see a doctor as the infection will usually require medication. Some may wish to consult a doctor if diet changes do not normalize stool color. A doctor should ensure that a person is correctly absorbing medication if pill casings continually appear in stools. If the stool is mostly or entirely white, see a doctor. This may indicate
that the pancreas, liver, or bile duct is not functioning as it should. White specks in the stool are not a serious concern. Small changes can prevent the occurrence and many treatments exist in cases of parasitic infections. Although the appearance of undigested food pill casings in the stool may be worrying, it is often not a cause for concern. It is
natural for some foods to pass into the stool undigested, and the body will absorb the necessary medication. White specks in the stool may result from
undigested food, pill casings, or a parasitic infection. Changes to diet and medication types can treat these cases, while simple medications can treat these cases, while simple medications can treat these cases, while simple medications can treat these cases, while simple medications. Anyone who suspects they have an intestinal parasitic infections. Anyone who suspects they have an intestinal parasitic infections. Anyone who suspects they have an intestinal parasitic infection types can treat these cases, while simple medications can treat these cases, while simple medications can treat these cases.
and what isn't can be a challenge if you don't know what to look for. Stools come in all shapes and sizes and can shift forms depending on what you're eating or what is going on in your life at the moment. "Bowel movements change from person to person depending on his or her diet, physical activity, how much water they consume and what
medications they take," said M. Nuri Kalkay, a retired gastroenterologist and health blogger. Everyone has their own barometer of how often their body is used to going and what a typical stool looks like for them. But what if things change and you see something beyond the norm in the toilet? We chatted with some experts to determine what bowe
habits are aren't so ordinary and might require a trip to the doctor. Black and/or tarry stools Jeffery M. Nelson, surgical director at the Center for Inflammatory Bowel and Colorectal Diseases at Baltimore's Mercy Medical Center, said if your poop is black, "not just dark brown," you should be concerned. "This means bleeding is happening from an
upper GI source like the esophagus, stomach or small bowel," he explained. There are some exceptions to this: If you're taking iron supplements, for example, your stools may appear dark green to the point where they almost black. It's always
best to check with a doctor if you're unsure. Bright red blood in your stools f you find blood in your stools f you 
said Nelson. All of these are reasons to see a doctor. Maroon-colored stools from the very end of the small bowel or the colon. "Diverticulosis and arteriovenous malformations are
the classic causes of this presentation," and a reason to go to the emergency room, he said. Pale, oily and especially foul-smelling stools "This finding is called steatorrhea and is due to excess fat in the stool," explained Chris Carrubba, an internal medicine doctor in Jacksonville, Florida. Carrubba said steatorrhea is often seen with malabsorption
syndromes, pancreatic insufficiency and biliary disease. "The presence of steatorrhea indicates difficulty absorbing fat and these patients are at risk of developing deficiencies in fat soluble vitamins," like vitamins, " like vitamins," like vitamins, " like vitamins," like vitamins, " like vitamins, " like vitamins," like vitamins, " like vitamins, " like vitamins, " like vitamins," like vitamins, " like vitamins, " like vitamins," like vitamins, " like vitam
example, if you consistently have smooth, long sausage-like stools and suddenly they change to a completely different size, you should speak to your doctor. "Pencil thin versus log-like routinely could mean that an inflammatory condition may be present such as Crohn's or infection," said Karen Soika, a general surgeon in Greenwich, Connecticut. If
the consistency of your stools has changed to watery or diarrhea, this could signify irritable bowel syndrome, an infectious cause or an inflammatory bowel disease such as Ulcerative colitis. IBS or infectious cause or an inflammatory bowel disease such as Ulcerative colitis.
and the reason that you should always boil and sanitize water from mountain streams or lakes," Carrubba said. Ingestion of this organism can result in giardiasis, which leads to abdominal pain and persistent, watery diarrhea. The issue can be treated with antimicrobials. In addition to drinking contaminated water, you can also be exposed to giardia
by eating uncooked vegetables or fruits that were rinsed in contaminated water and by improperly washing hands after coming into contact with feces or an infected human or animal. Mucus in the stoolThis is usually due to inflammation of the intestines, said Peyton Berookim, a gastroenterologist in Los Angeles. He noted that the condition can be
seen in inflammatory bowel diseases like ulcerative colitis or Crohn's. It can also be due to inflammation caused by a bacterial infection or IBS. "Mucus associated with blood and or abdominal pain should not be ignored and requires medical attention," he explained. Hard or infrequent stools This signifies constipation and is usually caused by a lack of
fiber in your diet, as well as low water intake. However, this issue may also be caused by medications, blockages in the intestine, or in more rare cases, colon cancer. "Constipation can be treated in many ways and I always begin with increasing fiber and water intake. The recommended daily intake of fiber is at least 25 grams and the amount of water
needed varies from person to person," said Jack Braha, a gastroenterology and Endoscopy Associates. Laxatives are available over-the-counter to help with this issue and work by either increasing the motility in your gut or increasing the amount of water delivered to the colon, Braha said. "But for symptoms that do not
rapidly improve or begin after the age of 50, it is important to seek advice from a gastroenterologist in order to determine if further testing like a colonoscopy is needed to check for more serious issues such as an intestinal obstruction or colon cancer," he said. Loose, watery or frequent stools "Diarrhea is common after eating bad food or from an
infection and should not last more than a week in most instances," Braha explained. Loose stools may be a cause for concern if the diarrhea lasts longer than two weeks or when it is in conjunction with bleeding, weight loss or symptoms that keep you awake at night. "When diarrhea is not from an infectious source, we look for other common causes
like lactose intolerance, irritable bowel syndrome, inflammatory bowel disease or celiac disease or celiac disease or celiac disease or celiac disease, "Braha said. "Gastroenterologists can usually find the cause of diarrhea by checking certain blood tests, stool tests and performing a colonoscopy." For two decades, HuffPost has been fearless, unflinching, and relentless in pursuit of the truth. Support our
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can't do this without you. Support HuffPostGenerally, it's a good idea to make an appointment with your doctor if you're concerned about your bowel movements at all. Your poop may be trying to tell you something. \r\r","\r\r","\r\r","\r\r","\all count":0}}
not guaranteed*** and may vary from person to person***. Credit: iStock.com/Nomadsoul1 White specks in stools can result from a great number of health factors. It could mean that you are lactose intolerant, or the white substance in stool could just be the by-product of a chemical in your medication. Those white balls in poop could also be a
warning sign of contaminated drinking water or serious medical conditions like colitis. It might even be bits of lining from your small intestine. Your stool is normally brown due to the presence of bile, a fluid produced by the liver to aid in digestion. White stools could indicate a problem with liver function, such as hepatitis or cirrhosis. In this article,
we will examine the various causes of white specks in your stool along with how you may be able to treat them. What Causes White specks in stools? Whi
Infection A fungal infection may be to blame for the white specks in your poop. An overgrowth of Candida albicans yeast, for example, can manifest itself around the body in a white clumpy matter. This white gunk can appear on the tongue and cause symptoms like itching around the vaginal area. This fungal matter can make its way to your stool,
often appearing as white speck or as a white gel- or cheese-like substance within the stool. These fungal infections can often be the result of more serious conditions like AIDS or the side effect of chemotherapy, where the immune system is in a lowered state of function. 2. Mucus in Stool The white dots or specks in your stool may be the sign of
excessive mucus in your digestive tract. Large amounts of light-colored or white mucus is produced by the mucus is produc
mucus ends up in your stool, creating these white specks in the feces. 3. Fatty Stool Too much fat in your stool can cause the appearance of pale, white-like poo. This is referred to as fatty stool or steatorrhea. Fatty stool happens when your body is not absorbing all of the fat in your digestive system, often due to a lack of bile. The fat must go
somewhere, so it ends up in the feces, causing the discoloration. 4. Parasites The white bits in poo you are seeing may be the results of parasites that has infected your body, or may be the parasites themselves. Parasites themselves to the
lining of the intestines, where they grow or lay eggs that can later be passed in stools. 5. Certain Medications containing aluminum hydroxide, for example, can cause the stool to become pale with white specks. The chemical compound is found in certain antacids. Antibiotics can
cause tiny white specks in stool, but it is often nothing to worry about as it is usually the remnants of the capsule that antibiotics came in. 6. Pancreatitis Pancreatitis Pancreatitis is the inflammation or infection of the pancreas. When the
pancreas is inflamed or infected, those enzymes may not be produced as quickly or in the quantities that the body needs to digest properly. This can lead to fats and sugars making their way through the digestive system and into your poo, causing white spots. 7. Liver Problem Liver issues often result in white dots in feces. As mentioned, the liver is
your body's source of bile. When that source is interrupted due to disease, medications, or other medical issues, bile creation may be lessened or in some cases, ceased. The lack of bile affects digestion, allowing bacteria and fats to be passed into the stool, giving it a pale color and or white spots. 8. Biliary Atresia Similarly to other malfunctions of the
liver, biliary atresia causes a lack of bile in the digestive system. It is a birth defect that causes one of the ducts connecting the liver to the gallbladder to be blocked, stopping the flow of bile between the two organs. The rare liver disease tends to prompt white, smelly feces. 9. Gallstones The gallbladder is connected to the release of bile from the
liver via a duct. Gallstones are formed in the gallbladder from cholesterol or bilirubin and when they are set adrift in the digestive system. 10. Celiac Disease Celiac disease is the small intestines' inability to digest certain nutrients,
gluten in particular. This sensitivity to the protein family causes the immune system to attack the intestines, and the undigested material ends up in the stool, often as white flecks and spots. Numerous other issues can lead to white spots. Constipation, for
example, may not cause the white spots by itself, but it is usually a sign that the body's digestive system is not functioning properly. The blockage can allow undigested food particles, vitamins, and minerals to build up. When the stool is finally released, it can be white or filled with white splotches. Cancers of the liver, stomach, and bowels may not
directly cause the white spots in the feces, but they can trigger the health problem that does by interfering with digestion, causing the liver to create less bile, and the like. How to Treat White Specks in Stools Treating white, seed-like spots in stool can be a challenge. As is common with many health conditions, the underlying problem must first be
identified. If you treat the inflammation, parasites, gallstones, etc., the white spots should disappear as a result. The first step in this process consists of going to a doctor for a full checkup. They will likely want a stool sample for testing. The stool sample test can help determine what the medical issue might be. Presence of bacteria can indicate an
infection. Fatty stool may indicate issues with your feces Should Be Examined Talking about your stool with anyone may be uncomfortable, but it's important to know that white spots in your stool are
not normal. Their presence could mean that you are suffering from a failing liver, gluten or lactose intolerance, or ulcerative colitis. If you begin to see white spots in your feces, you should talk to a doctor as soon as possible. At the very worst, you may
2017. Steven Shapin Sick City "Maps and mortality in the time of cholera" last accessed August 30, 2017. "White Balls in Stool," Enki Very Well, last accessed August 30, 2017. White poop can occur with various digestive-related health conditions
like gallbladder stones, hepatitis and biliary duct disease. It may also be a side effect of medication, and can occur with antibiotic use, dietary supplements and biliary duct disease. It may also be a side effect of medication, and can occur with antibiotic use, dietary supplements and biliary duct disease. It may also be a side effect of medication, and can occur with antibiotic use, dietary supplements and biliary duct disease. It may also be a side effect of medication, and can occur with antibiotic use, dietary supplements and some analgesics.
intestinal substances and digestion by-products. Factors related to decreased or lack of bile in the intestines can cause lighter colored stool, "usually occurs with symptoms like abdominal pain, yellow skin or eyes (jaundice), or dark urine. If you notice these symptoms, you
should be seen by a family doctor or gastroenterologist. Online symptom checker Report your symptoms below to determine what could be causing your white poop: Please note that this tool is merely provided for guidance, and does not replace a consult or diagnosis by your doctor. Why is my poop white? White poop can occur for the following
reasons: 1. Gallstones Gallstones Gallstones formed in the gallbladder or in biliary ducts can be large in size and cause an obstruction. This block the flow of bile to the intestines, leading to light-colored stools and other symptoms like yellow skin or eyes (jaundice), generalized itching, abdominal pain, nausea, vomiting and dark colored urine. Read more about
what causes gallstones and other associated symptoms. What to do: You should consult your family doctor or gastroenterologist for testing to confirm the presence of gallstones. There are also some natural remedies for gallstones
that you can use as a complement to your prescribed treatment. 2. Medication use Medication use Medication that overwork the liver can impact its functioning, leading to an abnormality in bile production. This can alter the color of your stools. The most common medications that cause lighter-colored stools are antibiotics,
although this side effect is not experienced by all. Other medications that can cause white poop include diet supplements, homeopathic medications, anticonvulsants, antihypertensives, and analgesics. This type of hepatitis is not always easy to identify based on symptoms, but some people may additionally notice dark urine, nausea, vomiting,
abdominal pain, and jaundice, which can occur 5 days to 3 months after starting the medication. What to do: You should notify your prescriber that you are having symptoms with your medication, so that the doctor can consider discontinuing it or swapping it for an alternative. 3. Viral hepatitis Viral hepatitis, like hepatitis A, B, C, D or E, are
relatively common infections that can cause white, stool, jaundice and dark urine. Other common symptoms of viral hepatitis include fatigue, nausea, weight loss, fever, abdominal pain, diarrhea, joint pain and rashes. See the other common symptoms of hepatitis and learn more about what can cause it. What to do: You should see your family doctor
or a gastroenterologist to confirm diagnosis and start treatment as needed. Treatment varies depending on the type of hepatitis can can include simple interventions like ensuring hydration and using medications to treat the infection. 4. Post-op
complications. Some surgeries involving the biliary ducts, like a gallbladder removal, can cause bile obstructions. These complications can lead to white poop, as well as other symptoms and initiate prompt treatment. The treatment may
involve another surgery to repair the biliary ducts. 5. Biliary ducts, tumors at first, but overtime they can start to appear. Common symptoms, in addition to white poop, include
abdominal pain, jaundice, itching, weight loss and general malaise. What to do: If you suspect you may have a tumor, you should see your family doctor or gastroenterologist for a thorough assessment. The doctor will order testing to confirm or rule out a diagnosis. Treatment depends on the type of tumor identified, but it usually requires surgical
removal. 6. Biliary atresia Biliary atresia is a significant cause of white stools in babies, especially newborns. This condition is characterized by parts of the biliary atresia is a significant cause of white stools in babies, especially newborns. This condition is characterized by parts of the biliary atresia is a significant cause of white stools in babies, especially newborns. This condition is characterized by parts of the biliary atresia is a significant cause of white stools in babies, especially newborns. This condition is characterized by parts of the biliary atresia is a significant cause of white stools in babies, especially newborns.
persistent jaundice. What to do: The child should be seen by a pediatrician as soon as possible, as early diagnosis and intervention can help to restore normal bile flow much quicker with less complications than if left untreated. 7. Bile duct cyst A cyst in the bile ducts is another significant cause of white stools in babies. It is characterized by a
dilation in the biliary ducts that transport bile and can happen once the baby is born. Most affected children present with symptoms related to abnormal bile drainage like jaundice, white stools and abdominal distension. What to do: The child should be assessed by a pediatrician or pediatric gastroenterologist so that testing required to confirm a
diagnosis is ordered. Testing may include imaging, like an abdominal ultrasound. Treatment involves surgical removal of the cysts. Diagnostic tests Tests that can help to confirm or rule out the possible causes of white stools can vary depending on the underlying factors, however doctors will usually start off by ordering. Bloodwork to evaluate
hepatic enzymes, alkaline phosphate, gamma-glutamyl transferase and bilirubin Bloodwork to detect the presence of hepatitis-related antigens or antibodies. An abdominal ultrasound to visualize the liver, gallbladder and bilirubin Bloodwork to detect the presence of hepatitis-related antigens or antibodies.
may require a liver biopsy to determine the severity of the diagnosis. A normal stool is a semi-solid medium brown structure excreted from the anal opening of the body. White spots or specks in your stool or poop, as you may call it, may appear because of
undigested food or a side effect of medication. The poop or stool tells a lot about the overall health of a human being which is why tracking bowel movements is necessary. If you find tiny white spots in your poop, do not worry. Observe what other lingering symptoms are, and then decide to contact your nearest gastroenterologist. What Does White
 strand; tiny spots or dots of white specks mean a strand; tiny spots or dots of white color are present on the otherwise brown poop are majorly caused because of undigested food such as nuts, quinoa, high fiber veggies, etc. These items move directly through the digestive tract and
look like small dots in the stool. Malabsorption of Nutrients Impaired nutrient absorption from undigested foods is also the reason for white specks appearing in the stool. Increased Malabsorption results in heavier, pale-colored poop. Some of the medical conditions linked to it are: liver disease pancreatic insufficiency intestinal inflammation Other
lingering symptoms maybe Diarrhea Abdominal pain Weight loss Celiac Disease It is an autoimmune disorder that results in an abnormal immune response to gluten-protein. This entry causes gut inflammation and decreases the ability of the intestine to absorb nutrients, and as a result, malnutrition occurs. Some symptoms of this disease include:
Diarrhea Bloating Abdominal pain Fatique Medication Side Effects Some medicines cause white specks to appear in the poop. This condition is more prevalent in capsule users. Incomplete digestion of the medication and sometimes the cover layer itself results in white specks to appear in the poop. This condition is more prevalent in capsule users. Incomplete digestion of the medication and sometimes the cover layer itself results in white specks to appear in the poop. This condition is more prevalent in capsule users.
white dots to appear in the stool. Segments from tapeworms look like huge white patches on the stool, like that of a post stamp size. You may feel nausea, vomiting, and weakness along with white patches on the stool test is enough to
know about the parasites of fungal growth in it. However, certain other tests are also available for differential diagnosis. CBC - complete blood count. The blood is taken from your arm and sent to the lab to count the number of RBCs, WBCs, and other components. This test helps detect many things such as the presence of an infection, anemia, etc.
Endoscopy Endoscopy, along with blood tests, help detect celiac disease. A small piece from the intestine is taken out and sent for biopsy, after which the diagnosis is confirmed. CT scan or Ultrasound A visual checkup of the gallbladder or liver through imaging is a great way to detect abnormalities. Conclusion White specks in the poop go away as
soon as the underlying cause is treated. At Gastroenterology Diagnostic Center, we make sure to analyze the issue and provide apt treatment deeply. Call us today at 281-357-1977 for information. Stools can come in all shapes, sizes, and colors. When there are white specks in the stool it is often from undigested food. It can also be an undigested pill
or an intestinal parasite. This article will discuss all the causes and their details. It will also cover treatment options for finding white specks in stool. It might be from
undigested seeds, vegetables, or nuts. The hard outer shell of seeds and nuts can be hard to break down and move through the digestive system as a whole. Seeds, vegetables, and nuts are insoluble fiber. The intestines have a hard time digesting the insoluble fiber that helps promote bulk to the stools. Tapeworms and pinworms can be found as small
white specks in stool. The worms, pieces of the worms, or their eggs can look like tiny bits or threads. They may cause itching around the anus, especially at night. Other symptoms associated with parasites are diarrhea, stomach pain, and unexplained weight loss. Undigested pills and medications can move through the digestive system and appear in
the stool as small, white specks. When this happens, the medication has been digested but the outer casing or shell of the medication slowly. Irritable bowel syndrome (IBS) is a condition that causes abdominal pain, bloating, and
stool changes. People with IBS can have mucus in their stool that looks white. The white specks from a parasite will be very small and will not appear with food changes. Another concern some people have is fat in the stool. This is known as steatorrhea. Steatorrhea does not present with white specks in the stool. The stool is lighter colored, pale
brown or yellow, and greasy looking. People who have steatorrhea are not absorbing fat properly and may have a malabsorption condition. If you suspect you have intestinal parasites, you should contact a healthcare provider for testing. The provider will ask a series of guestions that can include: Any recent travel Current medications Recent weight
loss Digestive changes Abdominal pain A fecal test is used to identify certain parasites. The stool sample needs to be more than one stool sample taken. Another diagnostic method for detecting pinworms is applying tape to the anus and then
looking at the tape under a microscope for parasite eggs. If an intestinal parasite infection goes untreated it can lead to several unpleasant symptoms include: Diarrhea Nausea and vomiting Itching or rash around the anus Weight loss Fatigue Stomach pain If a parasite test comes back negative it could be that there is no intestinal
parasite present, or it could be a false negative, meaning the condition is present but the test did not detect it. Not having a diagnosis can be difficult, so it's important to continue looking for answers. Ask the healthcare provider if it would be beneficial to redo the test or if there are other tests available. A comprehensive testing tool for stool called
GI-MAP can detect bacteria, such as Helicobacter pylori (H. pylori), intestinal parasites, and fungi. There is limited research on this test, but one study from 2020 reported that GI-MAP testing sensitivity was 80% but had a specificity of only 26% due to false-positive results. The treatment for white poop specks will vary based on the cause. Many
times, the white specks are caused by undigested food which do not need to be treated. When the white specks are from medication is not digesting properly, bring this to your prescribing provider's attention. White specks are from medication is not digesting properly, bring this to your prescribing provider's attention.
are treated with oral medications. One example is that Biltricide (praziquantel), which treats tapeworm infections. Other members of the household may also need to be treated. It's important to perform good handwashing during and after treatment to prevent reinfection. Changes in bowel movements can be difficult to track. Keeping a diary of bowel
movements can help you and your healthcare provider find trends to determine a cause. To keep a stool diary, use the Bristol Stool Chart to assess each bowel movement. Other information to keep in the diary include: Food and liquid intake Exercise Medications Incontinence Urgency White specks in poop can be a normal finding when it is
undigested seeds, nuts, or some medications. However, it can be a sign of a parasite infection make sure to: Wash hands before consuming. Deworm cats and dogs. Do not walk barefoot in high-risk areas. Do
not eat undercooked pork, beef, or freshwater fish. White specks in stool are usually from undigested pill casing or from an intestinal parasite. It's important to contact a healthcare provider if you are unsure of the cause. They will likely request a stool sample for testing to help determine the
cause. Treatment will vary based on the cause but could include an oral medication. You are reporting a typo in the following text: Simply click the "Send typo report" button to complete the report. You can also include a comment. Hi, Have an embarassing question. I am 28Wk along and for a week or so I see some white snowy blob of mucus when I
pass stool, (Not all time, but some times). I used to think its vaginal discharge, but it happens only when I am having bowel movement. Its not too liquidy, thick small white blob. I have a small external hemorrhoid which is pretty much not bothering me in anyway except I feel its presence sometimes. I am not constipated. I have regular bowel
movements, sometimes even 2-3 a day. Could the snowhite discharge be due to my hemorrhoid? I have about 4 days for OB appt. Going to talk about it. Meantime, Anyone experiencing / experienced similar symptoms? Your inputs appreciated You are reporting a typo in the following text: Simply click the "Send typo report" button to complete the
report. You can also include a comment. ConstipationBloody stoolDiarrheaColors of poopDeliveryAfter birthTakeawayYou might notice constipation, diarrhea, and unusually colored poop during pregnancy takes your body through a lot of
changes, so at times you won't feel like yourself. But while some pregnancy issues are expected — a growing bump, morning sickness, and moodiness — changes in your bowel activity might come as a surprise. Granted, pregnancy poop isn't the most exciting topic to talk about. But knowing what to expect can remove the element of surprise and
settle worries when the unexpected does occur. First thing about pregnancy poop: There may be times when it doesn't seem to be happening at all. Constipation is having fewer than three bowel movements a week. To be fair, irregularity can happen anytime, whether you're pregnant or not. But it's a complaint that affects a lot of pregnant
people. Different factors contribute to constipation, such as too little fiber, inactivity, or eating foods that don't agree with you. When it occurs during pregnancy, though, it's often due to an increase in the hormone progesterone. This hormone slows muscle contractions in the intestines. And when muscle contractions slow down, your bowels don't
flow as freely or as easily. Symptoms of constipation include hard, dry stools, bloating, and straining. You may also have gas or stomach pain, which is probably the last thing you want to deal with when pregnant. The good news is that constipation can be an easy fix. Drink plenty of fluids, especially water, to help soften stools so that they're easier to
pass. In addition, add more fiber to your diet. This includes eating more vegetables and fruits. A stool softener might help severe constipation, but be sure to talk with your doctor first. Blood on the tissue after wiping can send you into a state of panic. But don't think the worst. Seeing some blood in your stool or on the toilet paper is another common
pregnancy occurrence, especially if you've been dealing with constipation. Hemorrhoids and anal fissures can heal on their own. But to prevent the occurrence of new ones, take steps to avoid constipation and don't strain. Even though fissures and hemorrhoids are common, you should always notify your doctor of bleeding during bowel movements.
Bleeding is sometimes due to other issues in the digestive tract — more so when blood appears black or tarry. Be mindful that eating certain foods can also cause
loose or watery stools. Diarrhea occurs as your body produces the hormone relaxin. This hormone is only released during pregnancy. It prepares your body for labor and delivery by loosening your joints and ligaments. The problem, though, is that relaxin can also loosen the joints around your rectum, causing bouts of diarrhea. For the most part, mild
diarrhea isn't serious, but it's important to stay hydrated and drink plenty of fluids. Contact your doctor if you have more than three loose stools a day, or if you have more taking any over-the-counter medications to treat loose
stools. Interestingly, the color of your stools can also change during pregnancy. Normal stools are usually light to dark brown, but during pregnancy, your poop could turn green. Again, don't be alarmed. A lot of times this is triggered by an increase in fiber intake, or more specifically, eating more vegetables and leafy greens. Good for you if you've
increased your healthy food intake during pregnancy! If you're taking prenatal vitamins or an iron supplement, both have also been known to change the color of poop from brown to green. You may even have green bowel movements if you take a prescribed antibiotic while pregnant. Your stools will return to a normal color after you stop taking certain
vitamins and medications. Very dark stools can also occur during pregnancy. Notify your doctor if you notice black or tarry poop. Again, although food dyes can turn stools dark, a dark color can also signal bleeding in your digestive tract. When you tell friends and family that you're expecting, some will see this as an invitation to share their own
pregnancy story — the good, the bad, and the ugly. And when it comes to actually having the baby, you may feel it doesn't get any uglier than losing your bowels during delivery is common, and it's nothing to be ashamed or worried about. (It doesn't happen to
everyone, so you might be worrying about nothing.) The muscles you use to bring life into the world are the same muscles you use during a bowel movement. So yes, it can happen. Just know that you wouldn't be the first mother to poop during delivery, and you won't be the last. If it makes you feel any better, the hospital prepares for this possibility.
A nurse will swiftly clean it up — as if it never happened. But if you're ready to push. Ask your nurse or doctor if it's safe to take a suppository. These often trigger a bowel movement within minutes. You might worry about additional soreness down below or irritating stitches if you
had some tearing. Of course, this is only if you're able to go. Pain medication you receive during and after labor can make your muscles a bit sluggish, initially causing constipation. When you're ready to go, taking a stool softener and drinking plenty of water and juice can make your first poop after delivery easier. It also helps to have a pain reliever
on hand, and maybe witch hazel cleansing pads, to reduce burning and inflammation. The important thing to remember is don't strain. Let things flow naturally to avoid hemorrhoids and anal fissures, which can cause more pain and discomfort. Pregnancy poop may not be something you want to talk about, but it's something you need to think about.
Pregnancy can affect every part of your body, so expect your body, so expect, so when changes do occur, you're not caught completely off guard. If you have any concerns, talk to your doctor. They'll be able to help figure out the
cause. Parenthood Pregnancy Pregnancy Pregnancy Health You are reporting a typo in the following text: Simply click the "Send typo report" button to complete the report. You can also include a comment.
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