



According to ACOG, the American College of Obstetricians and Gynecologists, bed rest:

- Lowers stress on mom's heart, kidneys, and other organs.
- Reduces the pressure of the baby on the cervix, decreasing the risk of premature contractions.
- Increases blood flow to the placenta, so baby gets more nutrients and oxygen.

Facts about Bed Rest

If your healthcare provider has given you a fetal fibronectin test and has recommended bed rest, you're not alone.

Each year, nearly one out of five women are told to “take it easy” and stay off their feet for some part of their pregnancy.¹

Talk with your healthcare provider about what bed rest means for you:¹

Will I need to stay in bed all day?

- can stand/walk
- can sit on sofa/chair
- must lay down ___ hours a day

Do I need to lie in a certain position?

- seated
- reclined
- flat on back
- on side

What kinds of activities am I safely able to do?

- housework (*dusting, dishes*)
- heavy lifting (*laundry, vacuuming*)
- prepare meals
- have visitors
- climb stairs ___ times/day

How long will I be permitted to stand each day?

- ___ hours
- on and off, resting frequently
 - limited to necessary walking only (*to bathroom*)
 - not at all

Will I be able to take a shower and use the bathroom?

- standing shower
- bath
- use bathroom normally
- use bedpan
- use bedside commode

Is there any kind of office work I can do while on bed rest?

- phone calls
- work at desktop computer
- use laptop

What if I have other children?

- care for other children as usual
- no lifting children
- no active play
- find babysitter/caretaker to watch children

What should I ask people in my support system to be prepared to do?

- shop for groceries
- drive to doctor appts
- tidy up the house
- prepare meals
- watch other children

Knowing your options and limitations is an important part of doing all you can for your baby.

1. Adapted from www.sidelines.org, Sidelines National Support Network 2007.

See reverse for helpful tips and ideas for your time on bed rest!

Don't be stressed about bed rest! Remember, doing everything you can for your baby sometimes means doing nothing at all.

Your #1 priority is to take care of your baby, and prescribed bed rest will help you do that! Relax and take care of yourself...and take advantage of this time.

Here's a list of suggestions, ideas and not-so-guilty pleasures to keep you busy and entertained while on bed rest:*

- Send personalized thank-you notes for shower gifts – include a photo from the party.
- Send heartfelt notes to those who help in every-day ways: cooking dinner, cleaning, watching your children, shopping – the kinds of things that don't usually get formal acknowledgement, but mean so much.
- If you have a laptop, shop online...for groceries, baby supplies, and more!
- If you don't have a laptop computer, keep a notebook and pen nearby to jot down your thoughts and ideas.
- Read that book you've been putting off.
- Do isometric exercises to keep the circulation flowing (*ask your healthcare provider for some good examples*).
- If you have other children, this is a wonderful time to spend quality time with them – play board games, read to them – let them read to you, teach them the alphabet or how to count, let them play nurse or “mommy” and take care of you – they'll feel that they're involved and being helpful to you.
- Get on the phone and call old friends; it's a great way to catch up and it's much more personal than email.
- Get your photo albums or scrapbooks updated.
- Find your roots – put together your family tree – call grandparents and other relatives for family anecdotes or personal memories to include.
- Think happy thoughts – meditation and deep breathing exercises are calming and will help you to let go of your worries.

Most of all, remember this is all for your baby. Stay healthy and happy by being mentally active so you can make this a positive, productive time.

* Consult your healthcare provider before adding any activity to your time on bed rest.