Restrictions While You Are Pregnant

Your doctor or nurse will check the items on this list you should NOT do right now. Only your doctor can increase your activity level.

Your Activity Level Is:

- Not restricted
- Bedrest
- Modified bedrest: ___________________________________
- Complete bedrest: You must stay in bed or lie on a couch at all times, except to use the bathroom.

Do NOT:

- Take a shower or a bath
- Cook
- Do any housework
- Dust
- Vacuum
- Wash and dry dishes
- Do laundry
- Make the bed
- Take care of children
- Drive a car
- Go shopping
- Lift anything that weighs more than 10 pounds, including children
- Stimulate your breasts or nipples
- Have intercourse:  □ with a condom  □ without a condom
- Have an orgasm
- Walk
- Climb stairs
- Smoke
- Other: _______________________________________

QUESTIONS?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Maternal and Infant Care Clinic: 206-598-4070

Labor and Delivery: 206-598-4616

Follow your doctor's activity restrictions very carefully.