



RAISING MULTIPLES

a MOST Community

Bedrest Activity Checklist

Use this chart to work with your physician on the appropriate level of activity for each stage of your pregnancy:

Overall Activity

- Normal
- Slight decrease
- Significant decrease
- Complete bedrest

Driving

- Drive as normal
- Drive only as needed
- Passenger only
- Ride only to appointments

Employment (Physician should know what your job entails: physical requirements like how much time you spend standing, stress level, details of your commute, etc.)

- Work full-time as usual
- Work part-time for only _____ hours
- Work from home for only _____ hours
- In what position:
____ chair ____ recliner ____ lying on side
- Other _____
- Stop working completely

Child Care

- Care for children as usual
- No breastfeeding
- No carrying children
- No lifting children
- No bending or stooping
- Need childcare provider

Leisure

- Normal activities
- Stop intense activities like jogging, climbing, etc.
- Short walks only
- Sit at desk/table only
- Recline: watch TV, talk on phone, read
- Activities lying down only

General Mobility (Physician should know if you live in a multi-story house or walk up several flights of stairs to your apartment.)

- Normal mobility
- Limited (sitting mostly)
- Lie down _____ hours per day
- May go up/down stairs ____ times
- Light walking only
- Sit to eat only
- Recline all day
- Lie flat all day (on left or right side?)
- Use wheelchair

Bathroom Privileges

- Normal bathroom privileges
- Avoid constipation
- Must use bedside toilet
- Must use bedpan
- Short showers only
- Shower sitting down only (using shower chair)
- Reclined bath only
- Bedside sponge bath only
- Other _____

Sexual Relations

- Normal relations
- Occasional relations only
- Avoid intercourse
- Avoid female stimulation/orgasm
- No sexual relations

Household Activities

- Heavy: laundry, vacuum, change bed sheets
- Prepare meals, wash dishes (standing)
- Light: dusting, straighten beds
- Grocery shopping
- Other _____