

# 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		Driving	
	Normal		Drive as normal
	Slight decrease		Drive only as needed
	Significant decrease		Passenger only
	Complete bedrest		Ride only to appointments
<b>Employment</b> (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		Leisure	
	Care for children as usual		Normal activities
	No breastfeeding		Stop intense activities like jogging, climbing, etc
	No carrying children		Short walks only
	No lifting children		Sit at desk/table only
	No bending or stooping		Recline: watch TV, talk on phone, read
	Need childcare provider		Activities lying down only



General Mobility		Sexual Relations	
	Normal mobility		Normal relations
	Limited (sitting mostly)		Occasional relations only
	Lie down _____ hours per day		Avoid intercourse
	May go up/down stairs ____ times		Avoid female stimulation/orgasm
	Light walking only		No sexual relations
	Sit to eat only	Bathroom Privileges	
	Recline all day		Normal bathroom privileges
	Lie flat all day (on left or right side?)		Avoid constipation
	Use wheelchair		Must use bedside toilet
Household Activities			Must use bedpan
	Heavy: laundry, vacuum, change bed sheets		Short showers only
	Prepare meals, wash dishes (standing)		Shower sitting down only (using shower chair)
	Light: dusting, straighten beds		Reclined bath only
	Grocery shopping		Bedside sponge bath only
	Other _____		Other _____

Your doctor should know if you live in a multi-story house or walk up several flights of stairs to your apartment.

