

## Restrictions While You Are Pregnant

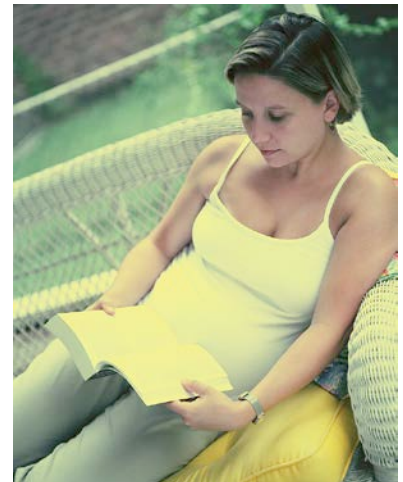
Your doctor or nurse will check the items on this list you should NOT do right now. Only your doctor can increase your activity level.

### 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: \_\_\_\_\_



*Follow your doctor's activity restrictions very carefully.*

### 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