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Bedrest

Your doctor has prescribed a form of bedrest or restricted activity during your pregnancy. Here are a few "tips" and some exercises to make your stay in bed more tolerable. You will not be in bed forever even though it may sometimes feel that way!

Comfort In Bed

- * Extra pillows-one for under your stomach and one for between your knees while lying on your left side.
- * Foam Bolster in pillow case to lean back against while lying on your left side
- * Wedge or "pillow chair" for sitting up in bed
- * Egg crate mattress to improve circulation and prevent bed sores
- * Lamb's Wool or Foam for elbows or heels to prevent pressure sores

Bedside Setup

- * A bell to summon family members
- * Phone book and telephone
- * Carafe, thermos, or water jug
- * Picnic cooler for your lunch and snacks
- * Flexible straws for drinking while lying on side
- * Cleansing wipes or washcloth in ziplock bag for personal cleansing
- * Tissue
- * Personal care items (comb, make-up kit, mirror, nail file, scissors, lotions, cologne)

Passing The Time

- * TV or VCR with remote control
- * Books, magazines, newspaper, catalogs
- * Radio or MP3/CD player
- * Word puzzle books
- * Stationary, pen, address book, calendar, schedule book
- * Diary or journal
- * Hard writing surface
- * Small craft projects (cross stitching, needlework, knitting, etc.)
- * Telephone
- * Computer

Structure Your Day

- * Wake up with your family
- * Shower and change clothes even if it's only a different nightgown
- * Plan 3 balanced meals and one healthy snack per day at normal meal times.
- * Schedule a variety of activities: Phone calls, crafts, TV, reading, naps, office work, correspondence
- * Schedule doctor's appointments at the same time each visit
- * Keep a diary

Let Friends And Family Help

- * Bring a meal / prepare a meal

- * Run errands to post office, dry cleaners, etc.
- * Water plants
- * Grocery Shop
- * Laundry
- * Take your child/children for an outing
- * Play a board game or card game with you to allow your family a "night out"
- * Tidy your house
- * Help wrap presents
- * Go to the library
- * Change sheets every 3-4 days

Acceptable Activities

- * Using the bathroom
- * Daily showers
- * May eat meals with the family

Unacceptable Activities

- * Cleaning
- * Cooking
- * Heavy lifting

Bedrest Exercises

When you begin your bedrest exercises, make sure you do not overdo it. Begin with each exercise 5 times, twice a day, and build up to 10 times a day. Do not hold your breathe. Breathe in a relaxed manner. Avoid tightening your abdominal muscles which may cause contractions or place stress on the cervix.

Neck Range Of Motion

1. Bend head forward 10 times
2. Bend head backward 10 times
3. Turn head toward the right shoulder 10 times
4. Turn head toward the left shoulder 10 times
5. Turn head as far as you can to the left side 10 times
6. Turn head as far as you can to the right side 10 times

Neck And Upper Back

1. Shrug shoulders to ears and hold 5 seconds
2. Relax shoulders and let them fall to rest position
3. Rotate shoulders in either direction

Arm Range Motion

1. Raise each arm over your head and lower to your side
2. Raise each arm straight out, bend elbow and touch ears, lower arms to side

Quad Set

Tighten the muscle in top of your thigh by straightening your knee as much as possible. Hold for 30 seconds, then relax.

Hamstring Set

Tighten the muscle in the back of your thigh by digging your heels into the bed. Hold for 30 seconds, then relax.

Gluteal Set

Squeeze buttocks together. Hold for 30 seconds, then relax.

Ankle Pumps

1. While lying down, move your foot up and down.
2. Rotate your foot in a circle-clockwise then counter clockwise.

Deep Breathing

Take a deep breath. Hold for 30 seconds. Exhale slowly and completely pushing out air.

REMEMBER: REPEAT EACH EXERCISE 10 TIMES, TWICE A DAY.

Side Effects Of Bedrest

Constipation:

- *Drink 8-12 cups "non-caffeine" fluids a day.
- *Eat a variety of fruits and vegetables daily, including prunes.
- *Eat high fiber products daily.
- *Use metamucil daily to help prevent constipation.
- *If no bowel movement in 3-4 days, please contact your doctor for further guidance

Heartburn:

- *Eat small, frequent meals

The **Women's**
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- *Prop yourself up with pillows for 1 to 2 hours after eating.
- *Contact your doctor if condition persists