

Questions to Ask Your Caregiver About Bed Rest

1. What are the reasons you are putting me on bed rest?
2. What are the pros and cons of being on bed rest for my baby(s) and myself?
3. Do you have any research or handouts that I can read about bed rest?
4. How long will I be on bed rest?
5. How many hours a day should I be lying down?
6. What positions should I rest in?
7. How much can I move around?
8. Which of these movements/ positions and how much is acceptable- sitting up, walking around, standing, climbing stairs, lifting things, driving, etc?
9. Is it ok to take a shower everyday?
10. What about household chores- cooking dinner, playing with older children, cleaning?
11. Are there any hours that I can go to work? What about working from home?
12. What level of sexual activity is safe? Should I avoid orgasm?
13. Are there exercises that I can do on bed rest?
14. Can you recommend a physical therapist to come to my home that specializes in bed rest clients?
15. Does bed rest qualify me for disability pay? A disability car placard?
16. Should I keep track of baby(s) movements? How often and for how long?
17. What problems or symptoms should I call you about?
18. Is there anything else I should know?