THE ONLY DIFFERENCE BETWEEN A GOOD DAY AND BAD DAY IS YOUR ATTITUDE

Stay strong, you can do this! No matter what your pregnancy complication is, or how many weeks until your due date, you can survive hospital bed rest and add days, weeks, and even months to your pregnancy, and deliver a healthier baby boy or girl.

A positive attitude is crucial during this difficult time and will make a difference in your hospital stay and daily interactions with friends, family, doctors, nurses and hospital staff. The only thing you can control on hospital bed rest is your attitude. Make the choice every day to focus on the positives, remain optimistic and show gratitude to others for the support they give you during your stay.

The information in this guide is not medical advice and is not substitute for professional medical care. Always seek guidance from your doctor regarding medical questions that arise during your pregnancy and hospital stay.
HOSPITAL BED REST CHECK LIST

**OBGYN Contact Information**
Office Phone: 
Email: 
Doctors in the practice:

**Pregnancy Complication Information**
Complications:  
Risks:  
Symptoms to report immediately:

**Hospital Room Amenities and Visitors**
- Egg crate available for mattress?  
- Can a companion sleep in my room?  
- When are visitation hours?  

**Bed Rest Position**
- Trendelenburg (feet above head)  
- Side lying (Left Right)  
- Able to sit up freely

**Bathroom Restrictions**
- Bed pan only  
- Bedside commode ___times per day  
- Full bathroom privileges

**Personal Hygiene**
- Showers allowed? ___times per week  
- Baths allowed? ___times per week  
- Sponge baths only

**Bed Rest Side Effects**
- I need to wear LED’s ___hours/day  
- Thigh high ___Knee high  
- Should I do exercises in bed?

**Walking Privileges**
- Can I walk in room/halls? Yes No  
- Can I sit in the chair? Yes No  
- Can I use a wheelchair? Yes No

**Fetal Monitoring**
- Do I monitor fetal kicks? Yes No  
- Will my nurse provide fetal monitoring?  
- Will I have ultrasounds? Yes No

**Medical Tests**
- Urine tests? Yes No  
- Blood tests? Yes No  
- Will my blood pressure be monitored?  
- Will I be tested for Group B streptococcus (GBS)? Yes No Date:  
- Will I have fetal nonstress tests (NST) or contraction stress tests? Yes No  
- Will I have fetal biophysical profile tests (BPP)? Yes No Frequency:  
- Will my glucose be screened? Yes No Date:  
- Is an amniocentesis necessary? Yes No Date:  
- After weighing the risks of any invasive test, can I refuse it? Yes No

**Consultations**
- High Risk Obstetrician  
- Neonatologist  
- Physical Therapist  
- Lactation Consultant  
- Dietitian  
- Chaplain  
- Social Worker  
- Hospital Support Group

**Preterm Labor**
- What could cause me to be sent to L&D?  
- How long will I remain there?  
- What medications will I be given?  
- What type of monitoring will occur?

**Delivery Options**
- Vaginal delivery? Yes No  
- Under what circumstances?

**Post Delivery**
- Will I be able to hold my baby? Yes No Explanation:  
- If my baby is transported to the NICU, who accompanies him/her? Yes No  
- NICU Dr Spouse Other  
- Explanation:  
- When will I be able to see my baby after delivery?  
- When will I be discharged from the hospital after delivery?  
- What are my post-discharge recovery restrictions?

**Hospital Amenities Available**
- DVD Player  
- DVD’s  
- Childbirth/Childcare/NICU DVDs  
- Books  
- Toys for child  
- Magazines  
- Complication Specific Printed Materials  
- Laptop Computer  
- Radio

“A woman is like a tea bag, you can’t tell how strong she is until you put her in hot water.”
Eleanor Roosevelt
Once the initial shock and emotional devastation that accompanies a serious pregnancy complication subsides, take charge and develop a hospital bed rest survival plan that is unique to you and your baby. Use the ideas below to develop a strategy that works best for you, and remember it may change as your pregnancy progresses. Every single minute, hour, and day that you remain pregnant on hospital bed rest is a victory and will help your baby grow stronger!

**HOME SWEET HOME**

Your new home is your hospital room so try to make it as cozy possible. Bring your favorite plant, photos, posters, blanket, pillows and comforts from home. Many hospital rooms have mini refrigerators so use it to store leftovers and your favorite snacks.

**GET ORGANIZED**

Ensure everything you may need throughout the day is within reach. Necessities include your nurse buzzer, water, snacks, bed pan, toilet paper, cell phone, remote control, computer, tissues, lip balm, gum, hand wipes, sanitizer, books, journal, pen, ear plugs and eye mask.

**THROW A PARTY**

Remain calm and focus on pregnancy milestones and good news you receive from your doctors. Every pregnancy milestone warrants a celebration! A cake at 24 weeks, a bagel party at 26 weeks, donuts at 28 weeks, and a pizza party 32 weeks! If you can afford it, invite your favorite nurses and hospital staff to thank them for all of their help and support. The positive energy you create is contagious and will come back to you and your baby.

**DOCUMENT AND REFLECT**

Start a journal to document your feelings, worries, accomplishments, milestones, and medical information. You and your partner should discuss with your doctor in detail exactly what you can and cannot do; keeping in mind your privileges may change as your pregnancy progresses.

**DAILY SCHEDULE**

Break up your day into short segments with events you are looking forward to (visits with friends, TV shows, shift change, doctor appointments, meals, monitoring sessions). Use an inspirational calendar to mark each day off with a big X!

**GLASS HALF FULL**

Make a daily choice to be optimistic and surround yourself with people who are positive influences. An easy way to start is to select (and have some one write) an inspiring quote on your hospital dry-erase board each day. These quotes will help you to visualize and remain focused on the positives. They will also serve as encouragement to those around you, allowing you to pay it forward!

**ACCEPT HELP**

The loss of independence can be one of the most difficult aspects of hospital bed rest. When friends and family ask what they can do, be prepared with a list of specific tasks. Allowing them to deliver meals to you or your family at home, mow the lawn, shop for groceries, put together the nursery, clean your home, or shuttle your older children not only helps you but also allows them to feel involved in your pregnancy.

**IN THE KNOW**

Update friends and family through a website that offers free personal web pages and blogs for hospital patients. This will allow you, if you choose, to provide updates on your pregnancy, hospital stay, and your baby’s arrival to everyone at once, and avoid receiving an abundance of visits, calls, and emails from well-wishers all seeking the same information. Readers are also able to post messages that you can save and print one day for your baby, a wonderful addition to his/her baby book!

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”

Helen Keller
YOU ARE TEAM CAPTAIN

Your medical team is an integral aspect of managing your high risk pregnancy, but do not underestimate the role you play as captain of this critical team. It is your right and responsibility to ask questions, demand adequate answers, request second (and third) opinions, and ultimately make the final decisions that will have an effect on you and your unborn child. You are your baby’s biggest advocate and will make the right decision on their behalf.

BEAT BOREDOM

Work on the fun projects that you normally don’t have time to do. Watch your favorite TV series and movies, start a scrapbook, take up knitting or smocking, read through the best-seller list, address birth announcement envelopes, complete your baby registry to enable your friends to order baby items online. The more mundane the task, the better the distraction!

WHAT EMAIL?

Ignore obligations that are not urgent and focus all of your energy on yourself, your family, and your baby. This may be the only time in your life that you have a free pass to ignore emails, delete voice mail, avoid unwanted visitors and neglect dreaded items on your to-do list.

HOLIDAY CHEER

Spending a holiday in the hospital is difficult and can cause added stress as you may be be concerned about what is going on at home, or thinking about all the things you should be doing to prepare. Combat the stress by bringing the holiday to the hospital! Have someone decorate your room and plan the family celebration to be held in your hospital room. This is guaranteed to be the holiday your family will cherish and remember forever.

BUDDY NEXT DOOR

Seek support from friends, family, and other women who are currently on hospital bed rest. Although HIPAA prevents nurses from sharing confidential information between patients on your floor, often they will have a list of women who have said it is OK to share their contact information with other patients. Become one of these women and you will have an instant support network with other pregnant women on hospital bed rest right next door. Although it is unlikely you will be able to speak in person, you can certainly email and talk on the phone. HRH also has developed online patient chatrooms on our website.

THE OTHER BABIES

Regular visits with older children will help your children adjust to your hospital stay and lift your spirits. Utilize family and friends to maintain a schedule at home and arrange visits to the hospital. During hospital visits, do things that they love, like coloring, reading books, watching a favorite movie or snuggling. You both will one day remember and cherish this time together.

WEEKEND WARRIOR

Beat the typical weekend blues that arise in a deserted hospital. It is hard to spend a weekend in the hospital knowing everyone is out there doing things you cannot do. Get ahead of the weekend blues by scheduling your favorite visitors or watching your favorite movies.

THE INTERNET

It is tempting to spend hours scanning websites and chat rooms for information on your pregnancy complication. While some websites can provide useful information, there are an equal number of toxic websites. Our website provides tools for pregnant women on hospital bed rest including links to reputable external websites that will provide you with access to information specific to your pregnancy complication. When in doubt ask your doctor!

EMOTIONAL SETBACKS

Mood changes, guilt, anxiety, and depression are common so it is important that you anticipate both good and bad days. Hospital bed rest is a marathon not a sprint, so conserve your emotional energy. Develop a strategy to get through the bad days and remain focused on your finish line – holding a healthy baby in your arms. If the isolation and frustration of hospital bed rest during your pregnancy is more than you can handle emotionally, do not hesitate to ask your doctor for a consultation with a mental health provider. Remaining strong both mentally and physically during this time is best thing you can do for both yourself and your baby.

“What counts is not necessarily the size of the dog in the fight - it’s the size of the fight in the dog.”

Dwight D. Eisenhower
ABOUT HIGH RISK HOPE

High Risk Hope is a for purpose organization formed on February 16, 2011 to provide support, encouragement, information and resources to women and families who are experiencing a high risk pregnancy resulting in hospital bed rest, potential premature birth and neonatal intensive care after delivery.

WELCOME TO THE HRH FAMILY
FIND US ONLINE AND GET INVOLVED!

SHARE YOUR BABY’S STORY & PHOTOS
www.tottrot.org
www.highriskhope.org

SIGN UP FOR THE TOT TROT IN NOVEMBER
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TAKE OUR ONLINE PATIENT SURVEY

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@highriskhope

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