Surviving Pregnancy Bed Rest

by

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Introduction

When my doctor put me on bed rest, I was a shock. Not only was I deeply saddened that my pregnancy had taken a sudden turn for the worse, but I had no idea what bed rest really entailed, how I would cope, or what to expect.

As I learned more about bed rest from my doctors, new friends I met online in bed rest support groups, and through trial and error, I began writing about my experience. This kept me occupied (and a little more sane!), and I hoped that once my child was born, it might help other women going through a difficult pregnancy.

Those writing turned into this eBook. Here, you can learn what bed rest is and why it may help your situation, how to cope financially and emotionally, how to make bed rest comfortable, resources for making bed rest a little easier, and much more.

“When my doctor put me on bed rest, I was a shock...I had no idea what bed rest really entailed, how I would cope, or what to expect.”

I hope you will find Surviving Pregnancy Bed Rest both useful and comforting.

Keep up the good work, mommy!

Kristina Seleshanko

P.S. For the sake of clarity and brevity, I refer to “your husband” periodically throughout this text; however, most of the information supplied in this book applies even if you’re not married. I also talk about “your baby,” even though some of you may actually be carrying multiples—bless you! Finally, instead of constantly writing “he or she,” I refer to doctors as “he.” This is not to imply that there aren’t many talented female doctors. It’s simply a form of shorthand.
Kristina Seleshanko is the author of 14 print books and a growing number of eBooks. She’s also written for a variety of magazines, including Woman’s Day, and Today’s Christian Woman. To learn more about Kristina, her books, and the pregnancy that put her on bed rest, please visit www.kristinaseleshanko.com.
If you’re like most women, you were surprised when your doctor prescribed bed rest for the remainder of your pregnancy. Maybe you’d never heard of pregnancy bed rest. And although you might have known bed rest was a possibility, you may now wonder just what it entails. You might even wonder if it’s worth it.

"Ask ten obstetricians... to define bed rest, and you’re likely to get ten different answers."

What is Bed Rest?

Ask ten obstetricians (doctors who specialize in pregnancy and delivering babies) or perintologists (obstetricians who specialize in high-risk pregnancies) to define bed rest, and you’re likely to get ten different answers. Each patient has her own set of issues, and each doctor has his own biases. Therefore, it’s always important to quiz your doctor on just what he means by “bed rest.”

The most severe form of bed rest is complete convalescence: The woman must always lay down, has no bathroom privileges. The most lenient form of bed rest is when a woman simply “takes it easy,” doing nothing strenuous, not having sex, not driving, and not using tampons. Most bed rest prescriptions probably fall somewhere in between.

Most women on bed rest stay at home, but in more serious cases, they must stay in the hospital.

Does Bed Rest Really Work?

It’s thought that bed rest works by increasing blood flow to the kidneys and uterus, as well as by reducing pressure on the cervix.
But lately there’s been a rash of media stories about bed rest being “bunk.” It is true that there are no major studies showing that bed rest is effective, and the American College of Obstetricians and Gynecologists says that it “should not be routinely recommended.”

Nonetheless, about 700,000 women a year are put on pregnancy bed rest. Why?........