A pregnancy diagnosed as “high-risk” can have vastly different complications and levels of risk. Each pregnancy is different and often unpredictable. This checklist has been developed by Sidelines in an attempt to help you and your healthcare team mutually define treatment options and restrictions for your specific situation. Since complications and risk factors can change, you may wish to make several copies of this checklist to be completed at various stages of your pregnancy.

### Activity Level
- Maintain normal activity level
- Decrease activity level
- Cease any unnecessary activity

### Working Outside the Home
- Maintain full-time job
- Work part-time ____ hours
- Work in home ____ hours
- Stop work completely (physician letter to employer ____ yes/no)

### Working Inside the Home
- Decrease housework including:
  __________________________________________
- May sit at desk with computer
- Recline in bed with laptop/iPad

### Childcare
- May care for other children
- No lifting children
  Caregiver recommended

### Outside Stress Influences
- Visitors in home/time limit? ______
- Restriction of types of movies/books

### Mobility
- Continue normal mobility
- Limit mobility (sit frequently)
- Lie down each day ____ hours
- Recline all day (propped up)
- Lie flat all day (on side primarily)
- May climb stairs ____ times per day
- May take shower/wash hair ____ minutes
- May take bath/water temp ____
- May eat at table
- May eat propped up in bed

### Driving
- May drive a car
- May drive only to appointments
- Cease driving
- May be passenger in car

### Bathroom Privileges
- May use bathroom normally
- Should actively avoid constipation/how
  __________________________________________
- Use bedside commode

### Sexual Relations
- May continue normal sexual relations
- Avoid sexual intercourse
- Avoid all activities that may stimulate female orgasm

### Monitoring Pregnancy
- Monitor fetal movement ____ times daily
- Monitor contractions ____ times daily
- Call if ____________________________
- Call perinatal nurse ______daily ______ weekly

### Treatments
- Take medication/injection at home/type
  __________________________________________
  Times daily/weekly/dosage ____________________________
- Come to office to receive injection of
  __________________________________________
  How often ____________________________
- Decrease ____ increase ____ caloric intake
- Special dietary rules ____________________________
- Other Medications ____________________________
What I Might Expect in the Future
- More frequent OB or maternal healthcare provider (HCP) visits
- Assessment by or transfer to Perinatologist or other specialist
- Makena (hydroxyprogesterone caproate injection) to lower the risk of preterm birth in women pregnant with a single baby with a history of unexpectedly delivering a baby <37 weeks.
- Vaginal progesterone cream for women who have a short cervix who do not have a history of preterm birth.
- Cervical stitch _____ week
- Labor inhibiting medication
- Hospitalization
- Amniocentesis _____ week
- Ultrasound
- ROM test
- Blood sugar screening _____ week
- Non-stress test (NST) _____ week
- Contraction stress test (CST) _____ week
- Fetal fibronectin (fFN)

If Problems Arise
- What symptoms should alert me to call my OB/HCP
- Consult with Neonatologist/Pediatrician prior to delivery
  Name/Phone _____________________________
  _____________________________
  Name/Phone _____________________________
  _____________________________
- Which hospital should I go to in case of emergency

Hospitalization Checklist ✓

Visitors Allowed
- No
- Yes, restricted to ________________
- Yes, unrestricted

Mobility/Activity
- Unrestricted
- Walk within hospital room
- Sit in chair
- Use hospital wheelchair
- Bed rest with bathroom privileges
- Bed rest with shower privileges
- Bed rest with bed pan/commode only

Treatments, Tests, Technologies
- Tocolysis for preterm labor
- Fetal fibronectin (fFN)
- Makena (hydroxyprogesterone caproate injection) to lower the risk of preterm birth in women pregnant with a single baby with a history of unexpectedly delivering a baby <37 weeks.
- Vaginal progesterone cream for women who have a short cervix who do not have a history of preterm birth.
- Monitor fetal movement
- Monitor contractions
- Screening for gestational diabetes

Consults
- Physical therapist
- Neonatologist
- Social Worker
- Dietician
- Hospital support group

Available for Patients in Hospital
- iPad
- Childbirth educator/education
- Laptop
- Book cart/magazines
- Crafts
- Chaplain

Additional Instructions
- Doctor’s office 
- Other doctors who may be on call

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