Walter Reed National Military Medical Center

Expectant and New Parents

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WALTER REED BETHESDA

Your Pregnancy: **Week 26** — Change Due Date

You answered TRUE

FALSE. *Though it was once the common practice, experts now advise against bed rest for the prevention of preterm deliveries.*

Kristi De Lisle, RN
OB Nurse Supervisor

Following a review of numerous studies on bed rest, the American College of Obstetricians and Gynecologists has come out against routinely recommending the practice, saying there isn't enough evidence to support the long-held belief that bed rest can prevent miscarriage, pregnancy-related hypertension or low birth weight.

Research has also found that bed rest may be harmful to the expectant mother, potentially leading to weight loss, blood clots and bone and muscle atrophy. Still, bed rest can be medically necessary in high-risk pregnancies. This week, we take a closer look at coping with horizontal living.

Incontinence

Worried about a loss of bladder control? Learn Kegel exercises.

Do so now and you may be able to prevent the occasional episodes of urinary incontinence common in late pregnancy and the first 3 months after your baby is born.

Pregnancy and vaginal childbirth can stretch the

Coping with Bed Rest

Most pregnancies are healthy and you are encouraged to be physically active. Sometimes, however, complications require an expectant mother to be inactive instead.

- Weekly support, tips, and advice from us
- Research findings that impact your child's development
- Great resources to support you
- Your baby's developmental milestones, week by week

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