



Women's Health Specialists, pllc

ACTIVITIES GENERALLY CONSIDERED SAFE DURING PREGNANCY

- Coloring you hair may be done after the first trimester.
- Painting (with an open window).
- Exercise – Ask you obstetrician for your personal guidelines. Walking is recommended in all patient with no current obstetrical complication.
- Lifting up to 35 lbs. unless told differently by you obstetrician.
- Sexual intercourse – Intercourse is not recommended for patients who are on bedrest for preterm labor and those with placenta previa.
- Flying until 35 weeks of pregnancy.
- Traveling more than 2 hours away until 35 weeks of pregnancy. It is important to be aware that any unusual swelling of the legs can be a possible sign of a blood clot. Please take a break to walk during your car ride or walk in the aisle on the airplane when it is safe to do so.
- TB test can be performed during pregnancy.
- Flu vaccination is highly recommended during flu season.
- Manicure/Pedicure may be performed during pregnancy.

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