

What's okay when you
are pregnant

Sex

Sex causes no problems during an uncomplicated pregnancy, and sexual interest often changes during different phases of a pregnancy.

Working or going to school

If it isn't too physically demanding, working or going to school is usually fine during pregnancy. Scale back if you're becoming too worn down as your pregnancy progresses. Talk to your doctor or midwife if you are at risk for preterm labor.

Travel

Travel is usually a safe choice until later pregnancy. Talk to your doctor or midwife if you have any concerns. During your third trimester, it's best to stay within a few hours of a hospital, in case of sudden changes that need medical attention.

Wearing a seatbelt

Wearing a seat belt is vital to protect yourself and your baby during pregnancy.

When you are pregnant, wear a seat belt firmly across your lap, just below your abdomen. Position the shoulder belt diagonally between your breasts.



Massage

Massage during pregnancy is safe when it is done by a specially trained massage therapist.

- * Tell your massage therapist that you are pregnant.
- * Avoid aromatherapy oils, some of which can be unsafe during pregnancy.
- * Avoid massage of your belly. Firm massage of the pregnant belly could cause serious pregnancy complications.
- * Talk with your massage therapist about your body position during massage. There are special tables for use during pregnancy.
 - * As your pregnancy progresses, the best positions for you to be in are sitting on a chair or stool, or lying on your side (the left side is best later in pregnancy) during your massage.
 - * Starting in mid-pregnancy, avoid lying on your back. This will prevent extra weight from pressing on the major blood vessel called the vena cava.
 - * After 12 weeks of pregnancy (or much earlier if you are carrying twins or more), avoid lying on your belly so you don't increase strain and pressure on your uterus and low back.