

MS08 VT06 FAQ Can I Work v1 540

[MUSIC]

So now we're here in your third trimester and again it depends on the type of work that you're doing whether that work can continue at this stage. There are occasions where work may need to be modified.

It depends on how your pregnancy is going. If you have any risk of preterm labor your healthcare provider may talk to you about cutting back at work if you're having contractions.

If you have a job where you're doing really heavy lifting, where you're physically unable to do your job, you should talk to your provider.

Try to keep your stress levels as low as you can by doing other things you enjoy outside of work. Exercising can also be a great stress relief.

But in general most people can work up until they deliver their baby.

[End of recording]