



Women Health

SAFE HOT TUB USE DURING
PREGNANCY

CHECKLIST

BEFORE YOU SOAK:

1. Consulted with your healthcare provider about hot tub use during pregnancy.
2. Confirmed the hot tub water temperature is below 102°F (39°C).
3. Gathered plenty of water to stay hydrated before, during, and after your soak.
4. Removed any jewelry that could trap heat.



WHILE YOU RELAX:



1. Limited your soak to 10 minutes.
2. Maintained a seated position and kept your head and shoulders above water.
3. Avoided direct jet massage on your abdomen.
4. Exited the hot tub immediately if you feel dizzy, faint, or overheated.
5. Took cool-down breaks outside the hot tub.

ADDITIONAL TIPS:

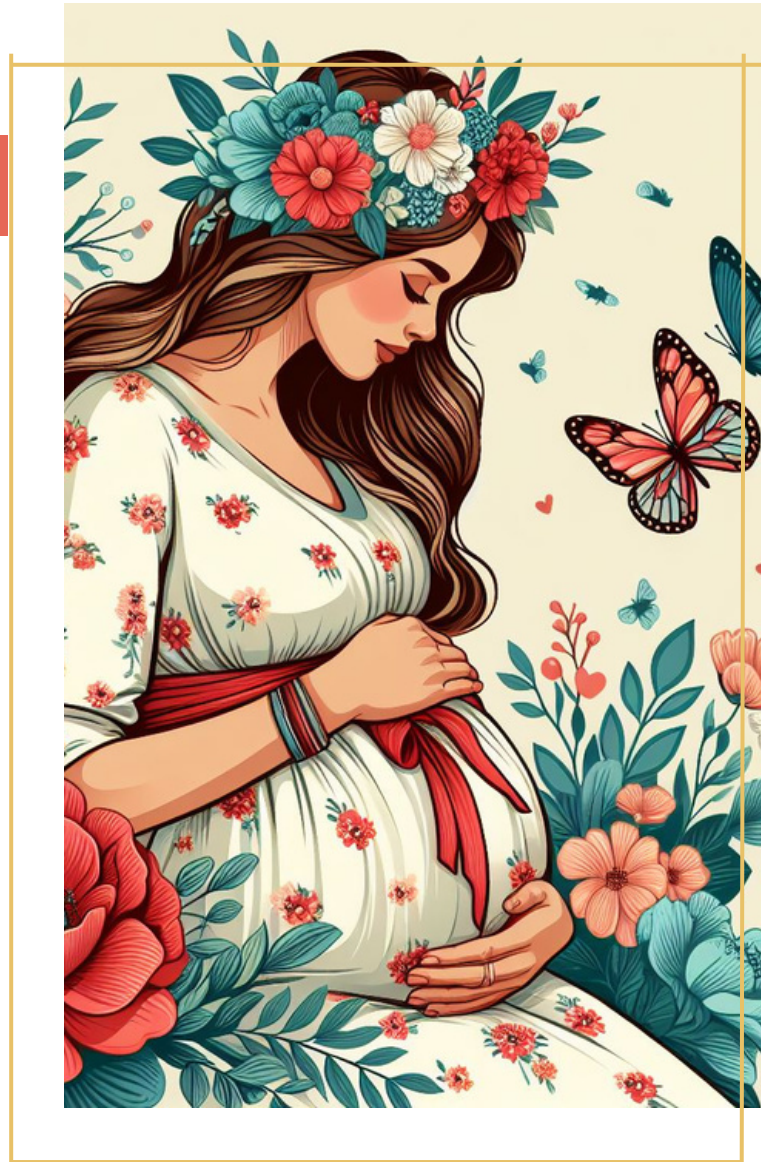


1. [] Schedule hot tub use for later in pregnancy (after the first trimester, with doctor's approval).
2. [] Use the hot tub with a trusted companion who can assist if needed.
3. [] Avoid using hot tubs that are not properly maintained or appear unclean.



REMEMBER:

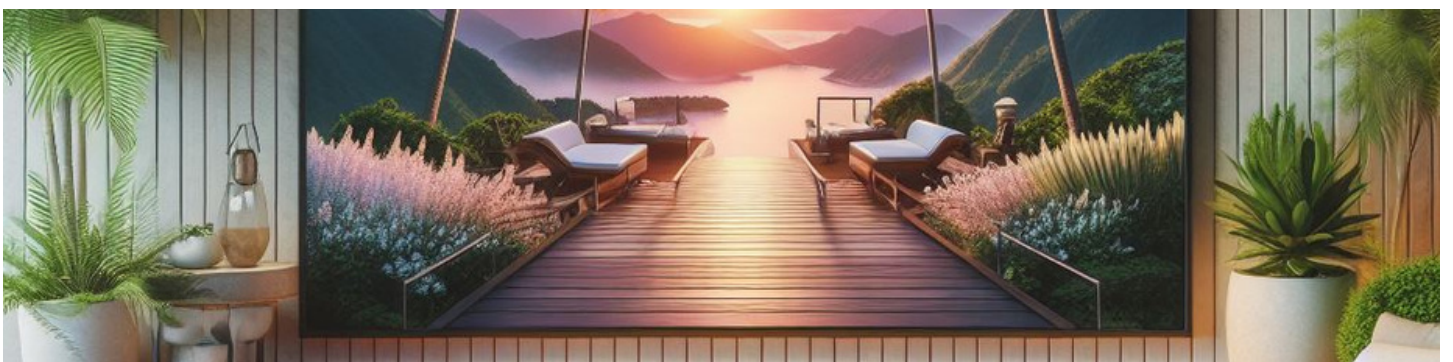
- USafety is your top priority.
- Listen to your body and exit the hot tub if you experience any discomfort.
- Consult your healthcare provider for personalized advice throughout your pregnancy.



HOT TUB PATIO

YOUR ULTIMATE SOURCE FOR RELAXATION AND OUTDOOR LIVING INSIGHTS!

RELAXATION AND WELLNESS





WEAR SUPPORTIVE FOOTWEAR:

Entering and exiting the hot tub can be slippery. Wearing sandals or water shoes with good tread can help prevent falls.

CHOOSE A COOLER TIME OF DAY:

Soaking in the hot tub during the hottest part of the day can raise your temperature more quickly. Opt for using it in the morning or evening when it's cooler outside.



GET IN TOUCH

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