

Appendix one:

Table 1: Complications during Pregnancy and Contraindications to Activity
(Canadian Pregnancy Guidelines)

Absolute contraindications	Relative contraindications
Ruptured membranes, premature labour	Recurrent pregnancy loss.
Unexplained persistent vaginal bleeding	History of spontaneous preterm birth.
Placenta praevia after 28 weeks' gestation	Gestational hypertension.
Pre-eclampsia.	Symptomatic anaemia.
Incompetent cervix.	Malnutrition.
Intrauterine growth restriction	Eating disorder.
High-order multiple pregnancy (eg, triplets)	Twin pregnancy after the 28th week.
Uncontrolled type I diabetes, uncontrolled hypertension or uncontrolled thyroid disease.	Mild/moderate cardiovascular or respiratory disease.
Other serious cardiovascular, respiratory or systemic disorder.	Other significant medical conditions.