Rahil Malik MD, Fellow of American College of Obstetrics and Gynecology

1200 N University Drive, Plantation, Florida, 33322
Tel: 954-791-3090 Fax: 954-791-3166
www.DavieObGyn.com

To Whom It May Concern,

RE: Pregnancy Confirmation for Name and DOB _____

This letter is provided to my patients for confirmation of Pregnancy with Estimated Due Date: DUE DATE _____

The following Work Restrictions can be considered during Pregnancy:
Pregnancy is a dynamic physiologic condition that may require reasonable workplace accommodations to maintain maternal and fetal well-being. For most patients, the following general restrictions are advisable throughout pregnancy:
- Avoid prolonged standing (ideally, alternate sitting/standing every 1–2 hours)
- Avoid heavy lifting (generally no more than 20 lbs repeatedly)
- Avoid exposure to harmful chemicals, fumes, or infectious agents
- Encourage access to water and bathroom breaks throughout the workday
- Allow flexibility for meals and snacks to manage nausea or fatigue

Office Visit Schedule: Routine prenatal care includes regular visits approximately every:
Office visits are usually 4 weeks from conception through 28 weeks gestation, 2-4 weeks from 28 to 36 weeks gestation, weekly from 37+ weeks until delivery. This frequency may be adjusted based on medical needs.

It is important that employers accommodate time off for these scheduled medical appointments, as they are critical for monitoring both maternal and fetal health. Flexibility with scheduling and workload around these appointments is greatly appreciated.

Postpartum Recovery and Return to Work:
The typical postpartum recovery period is: **8 weeks** following a delivery
During this time, patients may experience fatigue, pain, breastfeeding challenges, and emotional adjustment. It is advisable for employers to support gradual return-to-work plans where feasible and allow flexibility for ongoing postpartum medical care and infant care obligations.
We encourage employers to foster a supportive environment for pregnant and postpartum employees. A combination of flexibility, accommodation, and clear communication can make a significant positive impact on maternal health and overall pregnancy outcomes.

If you have further questions or need documentation for specific accommodations, please do not hesitate to contact our office.

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Rahil Malik MD
Obstetrician-Gynecologist