

Wearing Tubigrip to reduce discomfort during pregnancy

Pelvic Health Physiotherapy

Information for Patients

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Introduction

Tubigrip is a soft, stretchy support bandage. It is a safe and comfortable way to give your tummy support during pregnancy.

This leaflet will show you how to put it on correctly and tell you when to use it. Your physiotherapist will also show you how to use it.

Tubigrip may help to reduce discomfort in your lower tummy and pelvis when you are on your feet a lot, such as standing and walking. It is best to take it off when sitting or lying down.

When you wear tubigrip support you should feel your baby moving as normal. If you are worried that your baby is not moving normally, take the tubigrip off and contact your midwife.

When not to use Tubigrip support

- Do not use Tubigrip if you have an allergy to latex.
- Do not use Tubigrip in bed. Your baby may get too hot, which can be harmful.
- Take the Tubigrip off if it feels too tight.
- Take the Tubigrip off if you notice redness, swelling or itching of the skin under the Tubigrip.
- Take the Tubigrip off if you are exercising, or doing physiotherapy stretches which makes the Tubigrip feel tight.
- Tubigrip should go under your clothes

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How to put Tubigrip on

1. Sit down, and put both feet into the Tubigrip. Then pull it up to the middle of your lower leg.
2. Pull the top edge up over your tummy to the top of your baby bump, just below your bra level. The bottom edge should still be around your lower leg (Figure 1)
3. Take the bottom edge to just below your tummy. The folded edge will be around the middle of your thighs (Figure 2)
4. Finally, take the folded edge, and bring it up to your tummy button. You should have 3 layers under your tummy, and 1 layer at the top of your tummy (Figure 3).
5. Make sure you do not have any creases in the Tubigrip as these may irritate the skin

Figure 1



Figure 2



Figure 3





Contact Details

Physiotherapy Department: 0116 258 4073 or 0116 258 5816 between 08.30am to 4.30pm
Monday to Friday.

If you are worried about your baby, or your own health, please contact your midwife, or :

- Leicester Royal Infirmary Maternity Assessment Centre 0116 258 6312
- Leicester General Hospital Maternity Assessment Centre: 0116 258 4808

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or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk