

Travel in Pregnancy

It is safe for many women to travel during pregnancy. It is important that you notify your provider prior to travelling. Tell your provider where you are going, the mode of transportation, and how long you will be gone. A physical exam and history should be done prior to your trip. Keep a copy of your prenatal records with you in case of an emergency (you can obtain your records by contacting the office). Know where you can obtain emergency medical care in the area you are travelling to.

1st trimester:

Before you leave, you should have a pelvic ultrasound to ensure the pregnancy is located in the uterus (this is usually done at the first prenatal visit). Keep in mind that the motion of travel can make nausea and vomiting with pregnancy worse.

2nd trimester:

This is considered the safest time to travel in pregnancy (weeks 12-28).

3rd trimester:

Travel during the 3rd trimester is based on individual needs, but is usually discouraged. Travel by domestic airlines is not allowed under FAA regulations after 36 weeks gestation. If you have an emergent situation, please discuss your needs with your provider.

Air Travel: Security machines are not harmful to your baby. Always keep a small snack and lots of water with you (if possible, buy water after passing through security). Try to walk up and down the aisle of the plane during flight. If you are unable to walk during your flight, do isometric exercises at your seat (point and flex your toes, roll your ankles, write the alphabet with your feet). Keep your seatbelt fastened low and across your lap while seated. Jet lag can often be worse during pregnancy, take the time to adjust your sleeping and eating habits.

Travel by Car: You should avoid sitting for prolonged periods of time to prevent blood clot formation. We recommend you stop at least every 2 hours for a minimum of 10 minutes each time to walk around. Always secure your seatbelt when in a moving car – the shoulder harness should be above your belly, the lap belt secure and low across your lap.

Traveling Abroad: Check to see if you will need immunizations prior to your trip. Check with your provider to see if these immunizations are safe to get during pregnancy. The International Association for Medical Assistance to Travelers (IAMAT) has centers around the world that assist in finding travelers English-speaking physicians abroad (Tel: 716-754-4883). International SOS Assistance (800-523-6586) provides 24-hour worldwide medical information and assistance including medical monitoring, dispatch of a doctor, evacuation, repatriation and many other useful resources. WWW.OBGYN.NET/country provides country-specific information on associations, hospitals, research, medical schools, culture, and more.