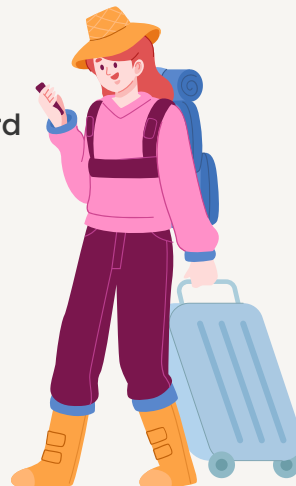


TRAVEL

Traveling during pregnancy is typically safe, however it's always important to consult with your provider prior to traveling.

General Information for the pregnant traveler:

- Have your routine prenatal checkup before you leave.
- Take a copy of your health record and your insurance card with you.
- Consider travel insurance.
- Wear comfortable clothing and shoes.
- Know where the nearest hospital or clinic is at your destination.
- Drink plenty of fluids, choose water over soft drinks.
- Eat regular meals on a regular basis.
- Constipation is a common travel problem, so make sure you eat lots of fiber.



When is the best time to travel?

The best time to travel is the middle of your pregnancy, between weeks 14 and 28.

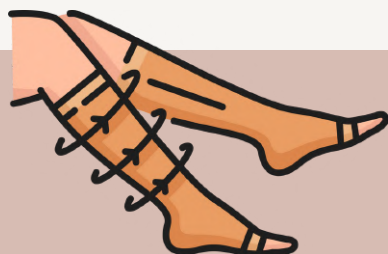
After 28 weeks, it may be harder for you to move around or sit for long periods of time.

Mid-pregnancy, energy has returned, morning sickness may be gone, and you are still mobile.

It is not recommended to travel outside the area after 35 weeks.

Deep Vein Thrombosis

Research has shown that any mode of travel lasting 4 or more hours doubles the risk of developing a condition called Deep Vein Thrombosis (DVT) which is a blood clot that forms in the veins of the legs or other areas of the body. A DVT can lead to a dangerous condition called Pulmonary Embolism in which a blood clot travels to the lungs. Pregnant patients have an increased risk of developing a DVT.



Reduce your risk of DVT by:

Drinking plenty of water

Wearing loose fitting clothing

Walking every 1-2 hours

Calf stretches such as toe flexing and calf rises (rising up on the ball of your feet with the heels off the ground- can be done while sitting or standing)

Wearing compression stockings (can be bought over the counter or prescribed by your provider)

Importance of Seat Belts

Seat Belts are always important but especially in pregnancy!

- Always wear both the lap and the shoulder belt.
- Buckle the lap belt low on your hip bones, below your belly.
- Place the shoulder belt off to the side of your belly, and across the center of your chest (between your breasts).
- Never place the shoulder belt under your arm.
- Make sure the belt fits snugly.
- The upper part of the belt should cross your shoulders without rubbing against your



Traveling by Car

If you are involved in a crash (even a minor one), contact your health care provider right away. If traveling a great distance, try to limit driving to no more than 5-6 hours each day. Plan to make frequent stops, to move around and stretch your legs.

Traveling by Airplane

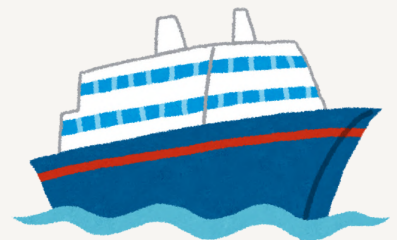
Air travel is almost always safe for a healthy, pregnant patients. If you have a medical condition that could be made worse by flying, do not fly. Some domestic airlines may require a medical certificate for you to fly later in pregnancy. Check with your airline to see if they have any travel restrictions during pregnancy. It is not recommended to fly domestically after 36 weeks and internationally after 32 weeks.

1. Book an aisle seat so you can get up and stretch your legs
2. Wear your seat belt at all times, secure your seat belt below your belly
3. If you have nausea, check with your health care provider regarding anti nausea medications



Traveling by Ship

Taking a cruise can be fun, but many travelers on cruise ships have the unpleasant symptoms of seasickness, also called motion sickness. If you have never taken a cruise, planning your first one while you are pregnant may not be a good idea. If seasickness is not a problem for you, traveling by sea during your pregnancy may not upset your stomach. Make sure a Doctor or nurse is on board the ship, and that your scheduled stops are in places with modern medical facilities in case there is an emergency.



Traveling outside of the United States

Traveling to other countries means you may be exposed to other kinds of germs. People who live in the country are used to the organisms in the food and water, but a traveler is not. These organisms can make a traveler very ill. The safest water to drink is tap water that has been boiled for at least a minute. Bottled water is safer than unboiled tap water, but because there are no standards for bottled water, there is no guarantee that it is free of germs that can cause illness. Do not use ice made from non-boiled water. Do not eat raw or undercooked meat or fish. The International Associate for Medical Assistance to Travelers (IAMAT) has a worldwide directory of Doctors. Call (76)754-4883 for a free directory. You may want to register with the American Embassy, or consulate at your destination. These agencies are helpful if you need to leave the country because of an emergency.