

Travel During Pregnancy

It is usually safe to travel during pregnancy as long as you aren't experiencing any complications. However, it is a good idea to plan your travel for the middle of your pregnancy when you are likely to feel most energetic.

If you're thinking about travelling while pregnant, remember that:

- You may get tired more easily
- Pregnancy symptoms like dizziness and nausea can be exacerbated by travel sickness
- There is a slightly higher risk of blood clots during pregnancy so you need to be careful during long distance travel. Take breaks, move around every 30 minutes or so when flying and wear compression stockings on long flights to reduce leg swelling.

There are also a few precautions you should take when travelling:

- Check that your travel insurance will cover any pregnancy-related care you might need if you're going abroad.
- If you're flying or travelling by ferry, check the company's policy as many won't let you on board in late pregnancy. Make sure that you'll be allowed to travel on your return trip too.
- If you're going by car, make sure the seatbelt is under your bump not across it.
- Take your maternity notes with you when you travel in case you need to see a doctor
- Tell your doctor you are pregnant if you need travel vaccinations. Some vaccines and anti-malaria tablets aren't suitable if you're expecting, but it's important to be protected when possible.
- Take extra care when eating and drinking overseas to avoid falling ill.

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