



Healthy Mother

Wellness & Care

Enabling Healthy Pregnancy, Childbirth & Fitness

SAFE TRAVELING TIPS DURING PREGNANCY

While there are quite a few guidelines about traveling during pregnancy, one has to follow a commonsense approach while deciding when and where to travel. Most importantly, follow your body's signals in order to determine whether you should travel or not. Below are some tips to guide you about traveling during pregnancy

- Avoid traveling post 36th week if you can help it.
- If you are able to choose the place to travel to, ensure it is not in the middle of nowhere. Do some homework about availability of good medical care (in case you need it)
- Make sure the place you are visiting has good means of transport in case you are in an emergency (i.e., availability of taxis etc)
- Take your prescriptions, medical records, medicines (extra stock), and other medical needs
- Take appropriate clothes (your maternity clothing etc)
- If you are going to a friend or relative's place, call them up before hand and enquire about a good OB/GYN nearby and get their phone number (alternatively, ask your own doctor if they can recommend anyone and request that they call and introduce you)
- Avoid going to places which are at a high altitude – you will be short of breath
- Generally plane travel is safe, as long as you travel during your mid pregnancy. Avoid travel by sea. Train travel is also safe as long as you travel during mid pregnancy. Few short trips by car are ok. Always wear your seat belt; always wear your lab and seat belt and sit as far back as possible from the dashboard.
- Keep drinking plenty of fluids and keep yourself hydrated. This will prevent you from having infections such as Urinary Tract Infections.
- While traveling, make sure you are able to stretch your legs and are able to move around (if you can). This will help prevent or decrease swelling in your feet.
- Make sure you eat and drink at regular intervals. Eat plenty of fiber to prevent constipation.



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These are but some of the most common tips to follow when are traveling during your pregnancy. Most importantly, consult your doctor before traveling out of town, and keep their contact numbers and contact numbers of your relatives or friends with you. You can call us to know more about Safe Traveling Tips during Pregnancy.

(Above guidelines have been adapted from ACOG publication on Travel During Pregnancy. www.acog.org)