



Traveling During Pregnancy



Overview

You're planning a trip during your pregnancy, and you want to do it safely. Here are some things to keep in mind before and during your trip.

Before you go

First, always talk to your doctor about your travel plans. If you haven't had any pregnancy complications, you can likely travel for most of your pregnancy. But follow your doctor's advice. And when you travel, carry a document that lists your due date and other medical info.

By car

If you're traveling by car, always wear your seat belt. Don't run the shoulder belt over your belly. Run it above your belly, between your breasts and over your shoulder. If you're in the passenger seat with an airbag, move your seat back as far as you can. And tilt the seat back a bit. This puts more space between the airbag and your chest. And during the drive, take a break about every two hours.

By plane

If you're traveling by plane, it's safest to do it during your second trimester. If you are later in your pregnancy, check with the airline about their policies for flying while pregnant. When you fly, choose an aisle seat if possible. That way you can get in and out of it easily. Wear your seat belt during the flight. And if it's a long flight, make sure you get up and walk around a bit. For more info, talk to your doctor.