



مؤسسة الرعاية الصحية الأولية  
PRIMARY HEALTH CARE CORPORATION

# Traveling by Plane During Pregnancy





# In General



## For a Healthy & Comfortable Journey

Flying is not generally considered dangerous for a normal pregnancy and is a much safer and more comfortable mode of transportation during pregnancy compared to most alternatives. As long as a pregnant woman doesn't have any obstetric or other medical complications, she can travel with special recommendations.

### Useful tips when traveling by plane:

- Always take your prenatal record with lab results attached
- Secure a travel certificate from your attending physician
- Do not travel alone
- Always bring enough prenatal medication and take them on it time
- Request a comfortable seat (aisle) for easy access to the toilet

### Remember

**The best time to travel is at 14-28 weeks age of gestation**

- Wear loose clothing and comfortable shoes
- Wear support stockings to prevent leg swelling (risk for blood clots formation—thrombosis)
- Do calf exercises
- Take short walks up and down the aisle every half an hour
- Drink plenty of water for hydration and to prevent worsening of jet lag
- Avoid caffeinated drinks like coffee, tea and carbonated drinks
- Don't take any sleeping pills while traveling



## Traveling is Prohibited to Pregnant Women who are:

- Age of gestation of >32 weeks
- Obese with BMI  $\geq 35$  kg/m<sup>2</sup> and travel duration of more than 3 hours
- At risk of miscarriage
- At risk of preterm delivery
- Presence of intermittent vaginal bleeding
- Experience of placenta previa or threatened abortion in current pregnancy
- Unknown position of pregnancy
- Uncontrolled elevated blood pressure

### Counseling before traveling:

#### The pregnant lady must:

- See her physician before traveling.
- Inquire about vaccines, if it is necessary, in the area of destination.
- Inquire about the airline policy on pregnancy travel before booking.
- Ensure airline travel certificate issuance.

## Policy on securing a Travel Certificate at the PHC Center:

- The air travel certificate must be secured by the pregnant lady 2-3 days before the travel date
- She must be registered at the health center
- A 50 QR is fee is required for the certificate
- The needed information must be documented in the official travel certificate including the date of travel

### Remember

The travel certificate is valid for 7 days from issuing





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