



## TRAVEL DURING PREGNANCY

Traveling during pregnancy can be very enjoyable. Through the first two trimesters and into the third, it is perfectly safe to travel as long as you are not experiencing any complications and your doctor has not indicated any reasons for prohibiting travel. Women who are experiencing high blood pressure, spotting, diabetes, or other complications should talk to their physician for special instruction before traveling. Some standard rules of safety to protect you and your baby are as follows:

- Limit the distance you travel. Being far from home and your doctor at any point during pregnancy can be a disadvantage if any problems arise.
- Stay away from high altitudes. Due to the lower oxygen levels at high altitudes, anyone can find it difficult to breath. It is especially taxing for a pregnant woman and her fetus.
- Beware of traveling to certain countries where vaccinations are recommended. Certain vaccinations can be hazardous to your fetus, and the chance of becoming infected with the diseases can prove to be even more hazardous.
- Be careful of the water you drink. You may want to drink bottled water to be safe.
- Carry your medical history and obstetrician information with you at all times.
- Make sure to take time to stop, rest and use the bathroom frequently. Don't encourage urinary tract infections.

Traveling past 34 weeks is generally not recommended. Consult your doctor before you travel to receive any special instructions or to discuss an emergency plan if you were to go into labor while traveling.

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