



Travel in Pregnancy

Can I travel while pregnant?

Yes. The best times to travel are typically between 14- and 28-weeks gestation because the most common pregnancy emergencies occur during the 1st and 3rd trimesters. However, for uncomplicated pregnancies, car and air travel can be done up to 36 weeks.

Remember to drink plenty of water during travel to stay well hydrated.

If traveling by car, it is recommended to stop every 2 hours or so to get out of the car and move around to increase circulation. If flying, it must be with a commercial airline or pressurized aircraft. It is also recommended that you move around the aircraft every 2 hours or so to increase circulation.

If you are planning an international flight, the cut off point for traveling is often earlier than 36 weeks. Many cruise companies require that you be less than 24 weeks to travel.

If there have been any complications in your pregnancy, please call the office before you make any travel plans.