

Ensuring Safety While Traveling During Pregnancy



Air Travel



Stay hydrated to prevent blood clots during travel.



Wear compression stockings and take regular walks on the flight.



Wear loose and comfortable clothing.



Sea Travel

Check with the cruise line to find out if there's a doctor on board to address any concerns if they arise.



Seek your doctor's advice on sea sickness medications before traveling.



Learn about sea sickness bands and acupressure points to address digestion issues while traveling.



Car or Train Travel



Stretch your knees and ankles frequently.



Hold on to the seat or side rails when the vehicle is moving.



Carry your pillow for extra comfort.



References:

1. Travel During Pregnancy; ACOG
2. Travel and pregnancy; Pregnancy, Birth & Baby
3. Travel During Pregnancy; American Pregnancy Association
4. Travelling In Pregnancy – Do's And Don't; Narayana Health