

AIR TRAVEL DURING PREGNANCY

Air travel is considered safe up to 36 weeks gestation.

Some airlines follow different guidelines, including foreign travel only up to 35 weeks gestation.

Air travel is not recommended during pregnancy complicated by:

- Increased risk for preterm delivery
- Gestational hypertension
- Poorly controlled diabetes
- Placental abnormalities
- Sickle cell disease or trait (partial oxygen pressure is decreased)
- Increased risk of DVT because of hemoconcentration (due to decreased cabin humidity) and venous stasis.

Recommend support stockings and periodic movement of lower extremities.

Gas-producing foods and beverages should be avoided as entrapped gas expands as altitude increases.

Use seat belt when seated.

Consider sending prenatal records with patient if appropriate.

REFERENCES:

ACOG Committee Opinion Number 264, December 2001