

Travelling when Pregnant

PREGNANCY, MOTHERHOOD MALAYSIA

ARTICLE

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This article discusses potential problems of travelling when pregnant and what to do if travelling is unavoidable.

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If travel during pregnancy is unavoidable for you, and if you are worried that it is not safe, then follow the simple tips below, and things should be all right.

Car:

- By law, you still have to wear a seatbelt during pregnancy
- The waist strap goes under your bump
- The chest strap goes above your bump
- In the latter stages of pregnancy, your reactions may be slower, so bear this in mind when driving
- Allow more time for journeys
- Try not to take long journeys on your own
- Take regular breaks, even if you're not driving
- If you're driving and start to feel tired, dizzy or unwell, pull over
- Take your mobile phone with you and make sure it's charged
- It's a good idea to have breakdown assistance. If your car breaks down, tell the operator you're pregnant and they'll make you a priority

Before booking a holiday, ask yourself:

- How pregnant will you be by then?
- Will you want to go on this kind of holiday then?
- Will you need any immunizations? There may be some you're not able to have (contact your GP about this)
- Can you speak the language? This would be important if you need medical attention
- Are the food and water safe? It's important to avoid tummy upsets
- Have you got travel insurance and does it cover your potential needs as an expectant mum?

Plane:

- Before booking, check that the airline, your doctor and insurance company are all happy for you to fly
- You are safe to fly up to 28 weeks if you are having a straightforward pregnancy and have suffered no bleeding or medical conditions. You can fly up to 32 weeks if all is well and you have a letter from your doctor
- Pregnancy increases the risk of Deep Vein Thrombosis (DVT), which you can get from sitting in the same position for too long. Your doctor can give you advice about reducing the risk, including exercises and special socks
- Take your maternity notes or card with you
- Ask for an aisle seat
- Avoid the back seats as there's usually less room
- If you get motion sickness, ask for a seat near the front

Disclaimer: This content is shared for informational purposes only and not intended to be a substitute for professional/medical advice, diagnosis, or treatment. We recommended that you always seek the advice of your healthcare professional for any questions you may have regarding a medical condition/specific situation.

References:

1. <https://www.nhs.uk/pregnancy/keeping-well/travelling/>
2. <https://www.marchofdimes.org/pregnancy/travel-during-pregnancy.aspx>
3. <https://www.thestar.com.my/opinion/letters/2016/06/09/wear-seatbelt-during-pregnancy>

