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01 PAGE

# Travelling During Pregnancy

**YOUR EVIDENCE-BASED GUIDE TO SAFE TRAVEL**

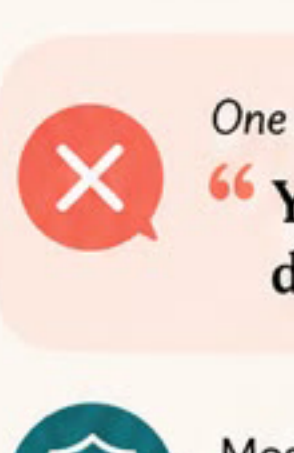
*One of the biggest myths I hear is:*

> **"You shouldn't travel during pregnancy."**

Most women with uncomplicated pregnancies can **travel safely**.

The real risks are **dehydration, sitting still for long periods,** and travelling with a complication.

A little planning helps you **travel with confidence** and keeps you & your baby **safe.**



*Dr.Sharanya Says..*

Pregnancy doesn't mean putting your life on hold. It just means travelling **a little smarter.**




*Travel smart. Travel safe.*



Reviewed by
**Dr. Sharanya Shiva Vinay**
Consultant Obstetrician,
Gynaecologist & Fertility Specialist

*Here to guide you on your journey to motherhood.*

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# How can I travel during pregnancy?



Choose what works for you. Travel smart. Stay safe.

## WALKING



- One of the safest forms of activity.
- Wear comfortable shoes & stay hydrated.

GENERALLY SAFE

## CAR



- Safe for most women.
- Wear your seat belt correctly.
- Stop every 1–2 hours on long drives.

GENERALLY SAFE

## AUTO



- Usually fine for short distances.
- Be careful on uneven roads & during sudden stops.

SAFE WITH PRECAUTIONS

## SCOOTER / BIKE



- Short rides may be okay if uncomplicated.
- Wear a helmet, avoid rough roads & speed.

SAFE WITH PRECAUTIONS

## TRAIN



- Comfortable option for many.
- Walk around occasionally & stay hydrated.

GENERALLY SAFE

## FLIGHT



- Safe for most women with uncomplicated pregnancies.
- Walk, stretch & stay hydrated.

GENERALLY SAFE

## CYCLING



- May be okay early on if you cycled before.
- Balance changes as pregnancy progresses.

SAFE WITH PRECAUTIONS

**GENERALLY SAFE**
Safe for most pregnant women with uncomplicated pregnancies.

**SAFE WITH PRECAUTIONS**
Can be done with extra care & awareness.

**AVOID**
Avoid if advised by your doctor or if you have complications.

## Remember



Stay hydrated.



Take breaks & stretch often.

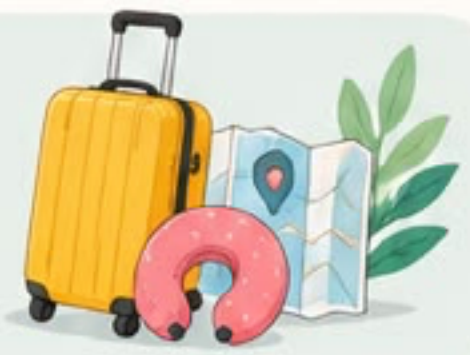
Listen to your body.

Check with your doctor if unsure about travel.



### Dr.Sharanya Says..

There's no fixed number of kilometres that's "safe." Your comfort, the duration of travel, road conditions and your pregnancy are what matter most.



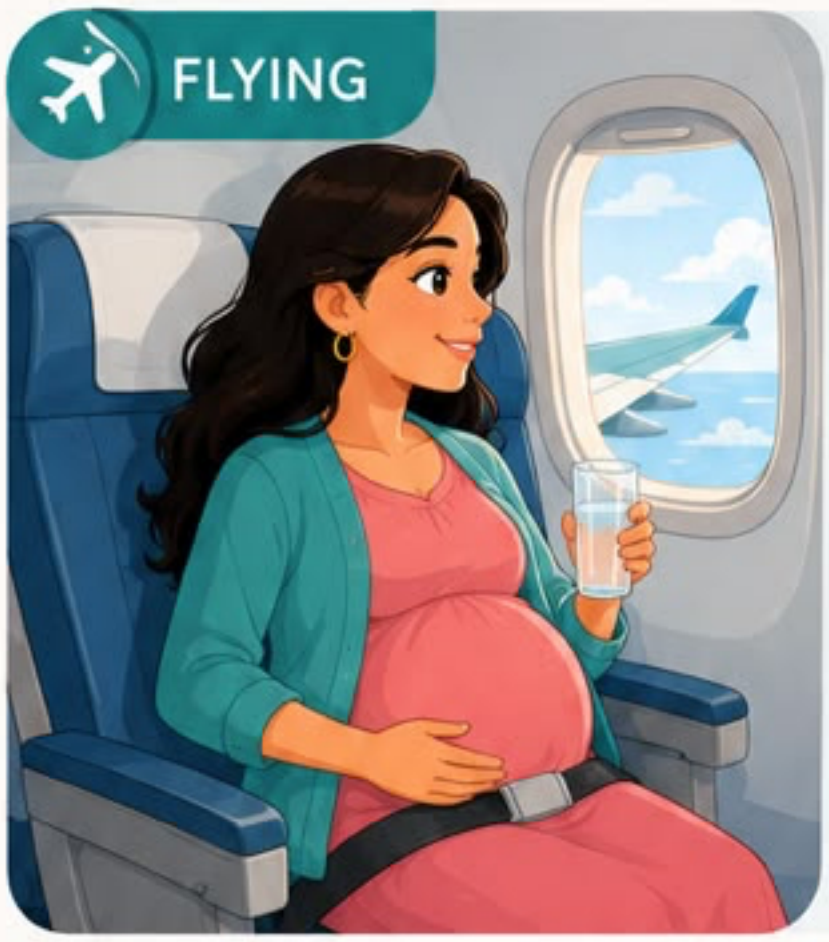
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03 PAGE

# Long-Distance Travel

A little planning. A lot of care.

## FLYING



For most women with uncomplicated pregnancies, flying is safe.

- Carry your antenatal records.
- Check your airline's pregnancy policy.
- Keep medicines in your hand luggage.

- Walk every 1–2 hours.
- Move your feet & ankles regularly.
- Drink plenty of water.
- Wear comfortable clothing.

## TRAIN TRAVEL



A comfortable option for many pregnant women.

- Walk around occasionally.
- Stay hydrated.
- Avoid lifting heavy luggage.



## LONG ROAD TRIPS



Stop, stretch & stay refreshed.

- Stop every 1–2 hours.
- Stretch your legs.
- Drink water regularly.
- Eat light meals.



*Dr.Sharanya Says..*

The biggest risk during long journeys isn't the travel—it's sitting still for too long.



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# Your Pregnancy Travel Bag

Pack smart. Travel prepared.




### WATER BOTTLE
Stay hydrated throughout your journey.

### HEALTHY SNACKS
Choose nutritious snacks to keep your energy up.

### PRENATAL VITAMINS
Don't skip your regular supplements.

### ANTENATAL RECORDS
Carry your medical records & important reports.

### PRESCRIPTION MEDICINES
Keep all your medications in your hand luggage.

### SCAN REPORTS
Digital or printed copies of your scan reports.

### PHONE CHARGER
Stay connected always.

### COMFORTABLE FOOTWEAR
For walking & stretching during breaks.

### EMERGENCY CONTACTS
Save important numbers – your doctor, family & the nearest hospital.



*Dr.Sharanya Says..*

If you're travelling far from home, know where the nearest hospital is before you leave.



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# When Should You Avoid Travelling?

**Speak to your obstetrician before travelling if you have:**



## VAGINAL BLEEDING

Any bleeding during pregnancy needs evaluation.



## LEAKING OF FLUID

Could be a sign of membrane rupture. Get checked.



## PLACENTA PREVIA

Placenta covering the cervix can cause severe bleeding.



## HIGH BLOOD PRESSURE / PREECLAMPSIA

Travel may increase complications.



## TWINS OR HIGHER-ORDER PREGNANCY

Higher risk pregnancy needs extra care & monitoring.



## RISK OF PRETERM LABOUR

If you have contraction or shortening cervix, be cautious.



## SEVERE MEDICAL CONDITIONS

Heart disease, severe anaemia, uncontrolled diabetes, etc.



## ANY OTHER COMPLICATIONS

Follow your doctor's advice for your specific condition.



**Travel may not be advisable** until your **doctor** reviews you.





*Dr.Sharanya Says..*

If your pregnancy is considered **high risk**, always check with your doctor before planning a long journey.



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# Staying Healthy While You Travel

Simple steps to protect you & your baby on every journey.

### WASH YOUR HANDS

- Use soap & water frequently or alcohol-based hand sanitiser.

### STAY HYDRATED

- Drink plenty of safe water throughout the day.

### AVOID EXTREME HEAT

- Stay in cool places, wear light clothes & avoid peak heat.

### WEAR A MASK

- In crowded or poorly ventilated places, especially during infections outbreaks.

### PROTECT FROM INSECTS

- Use mosquito repellent & wear full sleeves in risk areas.

### REST WELL

- Take breaks, get enough sleep & listen to your body.

## Eat & Drink Smart

**CHOOSE SAFE FOOD**
Eat freshly cooked, well-done meals served hot.

**DRINK SAFE WATER**
Choose bottled or boiled water. Avoid ice if unsure.

**EAT FRUITS WISELY**
Eat fruits you can peel yourself.

**AVOID STREET FOOD**
It may not be hygienic or safe.

## Infection Prevention

**COVER YOUR COUGH & SNEEZE**
Use a tissue or your elbow.

**AVOID TOUCHING YOUR FACE**
Especially in public places.

**AVOID CROWDED PLACES**
When cases of infections are high.

**CHOOSE WELL-VENTILATED SPACES**
Whenever possible.

*Dr.Sharanya Says..*

A little care goes a long way.
Stay mindful, stay safe & enjoy your journey to motherhood!

### Remember the 3 S's

- S Stay Hydrated
- S Stay Safe
- S Seek Help if Needed

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FINAL PAGE

# Travel Smart. Travel Safe.

A few simple habits for a safe & comfortable journey

1



**STAY HYDRATED**

Drink plenty of water throughout your journey.

2



**MOVE EVERY 1–2 HOURS**

Walk, stretch & change position regularly.

3



**WEAR YOUR SEAT BELT**

Always wear it low & snug across your hips & chest.

4



**LISTEN TO YOUR BODY**

Rest when you need to & don't ignore any warning signs.



*Dr.Sharanya Says..*

Travel isn't the danger.
*Staying still for hours is.*

With a little planning and the right precautions, most women with uncomplicated pregnancies can travel safely & enjoy their journey.




*Reviewed by*

**Dr. Sharanya Shiva Vinay**

Consultant Obstetrician, Gynaecologist & Fertility Specialist


*Let's stay connected!*

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Scan to follow for more women's health & fertility insights!

**Every pregnancy is unique.**

If you're unsure whether it's safe to travel, speak to your obstetrician before your journey.

This guide is based on trusted guidelines from:

ACOG (USA)

RCOG (UK)

WHO (World Health Organization)