



Pregnancy and air travel

Even during pregnancy, air travel is the most comfortable way to cover long distances. In modern jets, the air is not too thin, even at high altitudes (pressure equalization to the air pressure at an altitude of 2000m). The fear of a lack of oxygen for the unborn is therefore unjustified during normal flight operations. Radiation experts estimate the risk from so-called cosmic radiation to be very small. The security gates at airports are also safe for pregnant women and their unborn child.

Most airlines allow you to fly up to the 36th week of pregnancy and occasionally require you to present a certificate of your ability to fly. The middle third of pregnancy, i.e. the time from the 14th to the 28th week of pregnancy, has proven to be the best travel time: on the one hand, most expectant mothers feel most comfortable then. You are no longer plagued by morning sickness, your circulation is stable, and your stomach still fits into the tight seats of the vacation flyer. On the other hand, the risk of bleeding or a miscarriage during the flight is then lowest. In the last four to six weeks before delivery, on the other hand, the risk that the unborn child may be born prematurely cannot be completely ruled out.

The following are the most important recommendations and tips for vacation travel by plane:



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- Make sure that you sit at the beginning of a row or an aisle so that it is easier for you to get to the toilet.
- Do not sit still with your legs bent sharply for hours. You can move your legs and feet regularly even when you are seated.
- Wear compression stockings (class 2) on long-haul flights.
- Drink enough - the air on airplanes is very dry.
- Ask for pillows for your back to sit comfortably.
- Tighten the belt under the bulging belly.

Pregnant women should avoid destinations in tropical or subtropical areas. Danger from contaminated food and contaminated water. With the exception of malaria, the susceptibility to infections is not higher than usual, but most infectious diseases take a more severe course. The unborn child is easily infected.

Vaccinations should be completed especially during pregnancy. Only vaccinations with live vaccines should be avoided during pregnancy.

Pregnant women should not travel to malaria areas because malaria poses great risks for the unborn child. As a rule, malaria is very difficult during pregnancy. The maternal fever attacks are very detrimental to child development. Lack of oxygen and miscarriages threaten. There is no vaccination against malaria and some of the prophylactic drugs are not safe for the child in the first trimester of pregnancy.

There are no concerns about European travel destinations. That means: Areas that can be reached quickly and where pregnant women can expect a pleasant climate, wholesome food and adequate medical care are particularly suitable as travel destinations.

Attention, should a premature birth occur at the travel destination:

- Most health insurances do not pay for the expensive return transport of a premature baby!