



Hackensack  
Meridian *Health*  
Riverview Medical Center



# The Childbirth Center at Riverview Medical Center

## *Safe Travel during Pregnancy*

While modern transportation makes traveling safe for women during pregnancy, it is important to always consult with your health care provider before traveling. When planning a trip, consider factors such as distance, travel time, and the level of stress involved. Many women find that travel during their second trimester is the easiest, as by this time morning sickness is usually over, but the demands of late pregnancy have not yet arrived.

Most kinds of transportation are safe during pregnancy, but there are some things you should do to best protect your baby and keep yourself healthy and comfortable.

### **Travel Tips**

- Get up and move around frequently – this will decrease the chance of deep vein thrombosis.
- Wear your seatbelt correctly – low and across your hips below your belly, with the shoulder belt across your chest between your breasts and away from your neck. Never push the belt behind your back or under your arm.
- Move your seat back as far as possible, leaving at least 10 inches between your breastbone and the steering wheel/dashboard.
- Always leave the air bag switch turned on.
- Air travel is generally safe; however, women with medical conditions and high-risk pregnancies may be advised not to fly. Many airlines also advise women do not fly during the last few weeks of pregnancy.
- International trips should be avoided during pregnancy, especially after 24 weeks. If you plan on traveling internationally, talk to your health care provider to figure out the safest plan for you.

