

Pregnancy and travel

It is possible to travel during pregnancy provided certain precautions are taken before and during the journey. The best time to do so is during the second trimester (between weeks 18 and 24).

It is not recommended to travel in the event of cervical insufficiency, threatened miscarriage, vaginal bleeding, premature rupture of membranes, or pre-eclampsia (high blood pressure and organ damage during pregnancy).

Travel is not recommended in cases of abnormal foetal presentation, multiple pregnancy, a history of miscarriage, placenta praevia or other placental abnormalities.

Before the trip

Take out travel insurance that covers issues related to pregnancy. If necessary, make arrangements for obstetric care at your destination.

Have a **medical check-up before your trip** to identify any risk factors, request a medical certificate stating your expected due date, your fitness to travel and relevant details from your medical history, and to review and update your vaccinations as necessary.

Which vaccines can be given during pregnancy?

- **Can be given during pregnancy:** tetanus, diphtheria, hepatitis A and B, intramuscular polio, pneumococcal, meningococcal A-C, rabies, influenza.
- **Contraindicated:** rubella, measles, mumps, chickenpox, BCG (tuberculosis), oral polio and typhoid vaccines, Japanese encephalitis and yellow fever (if the latter is essential, it must be administered from the sixth month of pregnancy onwards).



During the journey

- **Flying:** avoid flying during the final month of pregnancy and for up to 7 days after giving birth. Some airlines do not allow travel from week 35 or 36 onwards, and others require a medical certificate.
- **Sea travel or cruises:** some companies do not allow travel after week 36.
- The **seatbelt** (in any mode of transport) should be fastened below the abdomen, and it is recommended that you get up and walk around frequently.

At the destination

It is important to know **how to avoid risks, manage minor discomforts during pregnancy and recognise serious complications**, such as a change in the baby's movement patterns, fever, heavy vaginal bleeding or severe pain, amongst others.

It is not advisable to engage in strenuous activities to which you are not accustomed. Horse riding and riding bicycles or motorbikes carries risks of falls, accidents and abdominal trauma. Swimming and snorkelling are generally safe, but it is best to avoid scuba diving.

Infectious diseases: pay particular attention to **urinary tract infections**; antibiotic treatment may be considered. Remember to maintain **strict hand hygiene and take care with food and water**. If you are travelling to an area where there is a risk of mosquito-borne diseases, take precautions against bites and make sure you visit a **Travel Health Centre** beforehand.

Environmental health: limit your activity in hot environments and avoid dehydration. If you are visiting high-altitude areas, it is advisable to ascend more slowly, allowing sufficient time for acclimatisation.

