

## **Traveling During Pregnancy | Kaiser Permanente**

[Music]

For most women, flying and traveling during pregnancy is perfectly safe up through the later parts of the third trimester or 34, 35 weeks.

Some of the concerns we have about travel and pregnancy include going into labor, especially in the late third trimester, and away from your delivering hospital and physician. And the more serious complication being the formation of clots in your legs that can then travel to your lungs and cause significant harm.

There can be a little compression or pressing on the blood vessels that run down to the legs, so our concern is that you don't want to limit your movement so that blood clots form.

If you are going to be traveling and it's unavoidable, there are certain precautions that you can take to prevent complications.

So certainly we recommend getting up out of your chair and walking the length of the plane or getting out of the car every hour just to help improve your circulation.

Increase your hydration, so drinking lots of water helps to move that fluid

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around, move that blood around.

And the use of compression stockings for prolonged periods of sitting.

[End of recording]