

Travel During Pregnancy

The MIT Medical Department recommends that all prenatal patients inform their OB providers ahead of time about any travel plans outside of the service area. Most U.S. Airlines allow pregnant women to fly up to 36 weeks of gestation. For specific airline requirements, you should check with the specific carrier because documentation of gestational age may be required. The safest time for travel is in the 2nd trimester (14-28 weeks). It is recommended travel be avoided in the 1st trimester and after 36 weeks gestation.

1st Trimester

Although travel during pregnancy does not increase the risk of spontaneous miscarriage, the incidence of miscarriage is higher during the first 13 weeks of pregnancy. Women who are at high risk for miscarriage or who show signs of possible impending miscarriage will be medically advised not to travel in the 1st trimester.

Late Pregnancy

In a study by Treloar et al., the percent of expected deliveries started to rise at 36 weeks gestation. Therefore, travel outside the service area during or after 36 weeks gestation is medically prohibited.

Insurance Coverage

The MIT Health Plan has a policy regarding medical care out of the service area. In most cases, no benefits will be provided for medical care that could have been foreseen before going out of the service area. This also means that NO benefits may be provided for a normal full term birth that takes place out of the service area within four weeks of the estimated due date and thereafter. This would also apply to any situation in which the physician recommends against travel for medical reasons.

Traveling Tips

- ◆ Drink plenty of fluids to help prevent dehydration.
- ◆ Stretch your back muscles from time to time.
- ◆ Wear comfortable shoes and clothing.
- ◆ Be sure to pack light.
- ◆ Carry some light snacks with you to help prevent nausea.
- ◆ When you are en route, try to walk around about every hour. Stretching your legs will lessen the risk of blood clots and make you more comfortable. It will also decrease the amount of swelling in your ankles.