

## Flying while pregnant – the first trimester

For some expectant mothers, flying is a part of their normal working day. For others, it is the most comfortable way to reach their holiday destination, where they can relax and prepare for the challenges they will face in the months ahead. Is it safe to fly when you're pregnant?

### Flying in the first trimester of pregnancy

Most doctors recommend against flying *at this stage of pregnancy*. The changes in pressure that occur during take-off and landing may affect the development of the foetus's internal organs.

#### **Remember!**

Before you travel, you are strongly advised to visit a doctor to make sure that it's safe for you and your foetus to fly.

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