

2. Travelling by Plane

MODULE 1

Most airline companies require an authorization letter from a doctor before allowing a pregnant woman to travel during the last month of pregnancy. To avoid problems, check with the airline company before buying your tickets.



Here are a few tips for traveling by plane.

- Wear wide and comfortable shoes in case your feet swell.
- Drink plenty of liquids to prevent dehydration.
- Walk up and down the aisle at least once every hour. If not, move your legs in order to help blood circulation. Support stockings could be useful.
- Avoid crossing your legs.