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## Pregnant & Flying; What does the Airlines say...

According to the American College of Obstetricians & Gynecologists, air travel is safest for pregnant women during the second trimester – weeks 18 to 24.

General consensus in the medical community suggests it is best not to travel pregnant before 12 weeks due to morning sickness and possible increased risk of miscarriage.

After 28 weeks, when the risk of going into labor increases, most airlines has set policies for flying while pregnant ...

**Please note that the following policies may change without prior notice and is only GUIDELINES; always double check & confirm with your preferred Airline...**

### Air Canada

No travel restrictions up to 36 weeks for passengers with a normal, uncomplicated pregnancy. Travel within the last month of pregnancy is contingent on obtaining a medical certificate stating that a pregnant passenger is fit to travel.

### Air New Zealand

No travel restrictions for pregnant travelers with complication-free pregnancies up to the eighth month of pregnancy. Medical clearance is required for pregnant travelers flying within the last four weeks of pregnancy.

### Alitalia

No travel restrictions for the first eight months of pregnancy. If traveling within the last four weeks of pregnancy, expecting multiple births, or having a complicated pregnancy, medical clearance is required. Completion of a Medical Information Form, MEDIF, prior to travel and signed by both the passenger and doctor is required.

### American Airlines

Medical certificate required if traveling within four weeks of due date. American Airlines advises against travel within a month of the due date unless she is examined and obtains a medical certificate within 48 hours of departure stating that she is fit to travel.

### British Airways (BA)

You can travel up to the end of the 36<sup>th</sup> week for single pregnancies and the end of the 32<sup>nd</sup> week for multiple births (e.g. twins). After 28 weeks, you need to carry a certificate from your doctor or midwife confirming the estimated date of delivery and that there are no complications with your pregnancy.

### Cathay Pacific

Cathay Pacific accepts pregnant passengers with uncomplicated pregnancies (single pregnancies) up to their 36th week. Pregnant passengers anticipating a multiple birth are accepted up to their 32nd week. A doctor's or midwife's certificate will be required. Cathay Pacific advises against heavy lifting during pregnancy, so particular care should be exercised regarding luggage.

### China Airlines

Pregnant passengers are not permitted to fly after the 32nd week of pregnancy.

#### Japan Airlines

Travel after 36 weeks of pregnancy, or if a pregnant passenger has previously had a multiple birth means that a medical certificate will be required. The certificate must be signed by the attending physician dated within seven days of departure stating that she is fit to travel, along with the due date and any other considerations that may important in-flight. For travel within two weeks of the anticipated due date pregnant passengers may only travel if accompanied by an obstetrician.

#### Korean Air

There are no travel restrictions for pregnant passengers up to their eighth month of pregnancy unless their care provider advises against it. Traveling beyond the eighth month of pregnancy means that a medical certificate must be provided. The certificate must be signed by the attending physician dated within 72 hours of departure stating that she is fit to travel, along with the due date and any other considerations that may important in-flight. After the eighth month of pregnancy two sets of declarations of Indemnity must also be completed at check-in. Korean Air advises against traveling past 37 weeks.

#### Lufthansa

No restrictions for pregnant passengers during the first eight months of pregnancy (to 36 weeks) provided the pregnancy is considered free of complications. A certificate of exemption for a flight after the 36<sup>th</sup> week is required; this includes for complicated pregnancies, such as carrying multiples, or premature contractions. Lufthansa advises to consulting a medical professional prior to travel at any time during pregnancy & would not recommend flying if a pregnant woman is expecting more than one baby, or has cardiovascular health problems. If you have to travel during pregnancy, Lufthansa suggests wearing compression stockings and elevating feet during flight (because the threat of thrombosis (blood clots) is increased during pregnancy).

#### Malaysia Airlines

A pregnant passenger with an uncomplicated pregnancy may travel up until the 35th week. A doctor's or midwife's letter should be carried confirming that a pregnant passenger is fit to travel, along with the anticipated due date. Malaysia Airlines states that air travel is not recommended in the last month of pregnancy up until seven days after delivery.

#### Mexicana

Pregnant passengers within three months of due date are required to present a medical certificate. Certificate must state that the passenger has been examined and is fit to travel. A limited liability form must also be signed by the pregnant passenger.

#### Qantas

Pregnant passengers only require medical clearance if experiencing a pregnancy with complications. After the 36th week of pregnancy (for single pregnancies), travel is not permitted. After the 32nd week of pregnancy (for multiple pregnancies), travel is not permitted. Qantas advises pregnant passengers that some countries may have restrictions placed on pregnant travelers in regards to entering foreign countries. One should verify with the embassy or consulate of a country.

#### Qatar

From the beginning of the 29th week up to the 32nd week: For a single/complication-free pregnancy, expectant mothers will need a medical certificate from a doctor. For a single pregnancy with complications, expectant mothers will require medical clearance from Qatar Airways through Medical Information Form (MEDIF).

From the beginning of the 33rd week and beyond: For a single/complication-free pregnancy, expectant mothers will require medical clearance from Qatar Airways through Medical Information Form (MEDIF). A multiple or complicated pregnancy will not be accepted for travel onboard Qatar Airways flights.

Any pregnancy that is in the 36th week of term or beyond cannot not be accepted for travel on Qatar Airways.

#### Ryanair

No travel restrictions for pregnant travelers up to the 28th week of pregnancy. Ryanair may ask a pregnant traveler to sign an indemnity to confirm that pregnancy is not past the 28th week. From the 28th to 36th week of pregnancy a doctor's certificate stating that the passenger is fit to travel and the expected due date is required. Pregnant women within their last four weeks of pregnancy (last eight weeks if carrying multiples) are not accepted for travel under any circumstances.

#### Scandinavian Airlines (SAS)

No restrictions during first eight months of pregnancy. A medical information form, MEDIF, is required for pregnant women traveling between two to four weeks of expected delivery date, and travel must be approved by the SAS Medical Department. Travel during this time of pregnancy must be limited to four hours per flight on SAS. Within two weeks of due date, pregnant passengers are not permitted to travel.

#### Singapore Airlines

Singapore Airlines does not accept pregnant passengers beyond the 35th week of pregnancy for a single, uncomplicated pregnancy, and 32 weeks for an uncomplicated pregnancy of multiples. Pregnant passengers must also obtain a medical certificate, issued by your doctor (including fitness for travel, weeks pregnant, and estimated due date).

#### South African Airways (SAA)

Passengers who are beyond the 35<sup>th</sup> week of pregnancy will not be accepted for travel on flights without a doctor's certificate. Travel with a doctor's certificate is also subject to the approval of SAA's medical officials. A doctor's certificate is also required for any high risk/complicated pregnancies regardless of stage of pregnancy.

#### Virgin Atlantic

Travel is permitted without restrictions until the 28th week of pregnancy provided that the pregnancy is free from complications. Between the 28th and 36th weeks of pregnancy a doctor's or midwife's certificate is required. The certificate must state that the passenger is safe for travel and the expected due date (32 weeks if carrying multiples in an uncomplicated pregnancy). Beyond the 36th week of pregnancy, travel is only permitted for medical/compassionate reasons and the pregnant passenger is required to be accompanied by a medical escort. This travel is subject to the approval of a Virgin Atlantic doctor.