

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

One actual risk of long flights or long car rides in pregnancy is that if you're not moving around you're at a higher risk of developing a blood clot in your leg.

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.

An alternative to that if you're stuck in your seat is just to pump your legs. Point your toes down, point them up, point them down, point them up, just ten repetitions once an hour.

We also recommend that women get lots of hydration and wear compression socks. It really helps to prevent that risk.

So if you're planning a big trip, it is a really good idea to mention this to your provider and clinic and then they can give you some recommendations about whether you need any vaccines or if there are any risk factors related to traveling.

We don't recommend travel to Zika counties. Zika is definitely dangerous in pregnancy and even in the month before trying to get pregnant.

It's spread primarily by a mosquito bite from one person to another and has been associated with some pretty serious birth defects.

Zika can also be sexually transmitted. So if your partner is traveling either with you or separately to an area where Zika has been found, we would recommend that you use condoms throughout the entire rest of the pregnancy.

So talk to your provider. We can go down the list and see what are safe places to travel.