

Advice for Long Haul Flights in Pregnancy

For ladies who are considering undertaking long-haul flights, i.e. over three hours duration, it is important to note that there exists an increased risk of thrombosis, (clots in the legs, or more seriously, the lungs). In pregnancy the following precautions should therefore be taken:

1. Contact your GP or Obstetrician for a prescription for low dose aspirin. For two days before the flight and on the day of the flight, take one 75mg tablet of aspirin. Repeat the procedure for the return journey. It is not sufficient to divide over the counter aspirin tablets, as the 75mg dose, has to be accurately administered.
2. Purchase flight stockings or socks from your local pharmacy or travel shop. We are pleased to announce that these are now available for purchase in Miss Ayida's rooms at the Women's Wellness Centre, in a bespoke design at £20.00 per pair.
3. Ensure you keep well hydrated on the flight.
4. Exercise the legs regularly while seated and get up and walk whenever possible.
5. Your Airline may require you to carry a letter stating your fitness to travel if you are beyond the first three months of pregnancy. Please telephone my secretary to request this.