

Travelling during pregnancy

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Travelling during pregnancy

No restriction exist for travelling with air transport during the first and second trimester of pregnancy. Travelling restrictions apply to the third trimester. However, even at the beginning of pregnancy, please consult doctor prior the planned trip. Please note that the trip may add to stress and cause some discomfort!

Factors increasing restrictions for flight time-limits are as follows: if more than one baby is expected; if there is any disorder during pregnancy and the previous pregnancy has resulted in early delivery.

During the flight:

- There is lower level of humidity, thus, drinking of plenty of water is important!
- Pregnant women are subject to higher risk of clot formation in blood, thus, it is important to move legs from time to time!
- Safety belt must be fixed as low as possible beneath the belly!
- Risk related to the use of safety belts during pregnancy is considerably lower than that of non-using them during the flight!

Review of terms for travelling during pregnancy valid in the Latvian airlines:

Air Baltic Corporation

Allowed without any limits - Up to week 27 of pregnancy

Travelling allowed with medical certificate issued no later than 2 weeks prior to departure - From week 28–35

Not allowed - After week 36 of pregnancy

Not allowed if more than one baby expected - After week 34 of pregnancy

SmartLynx Airlines

Allowed without any limits - Up to week 27 of pregnancy

Travelling allowed with medical certificate issued no later than 2 weeks prior to departure - From week 28 of pregnancy

Not allowed - After week 32 of pregnancy

Not allowed if more than one baby expected - After week 32 of pregnancy

P.S. If planning to use other airlines, please ascertain their valid terms for travelling during pregnancy.

<https://www.caa.gov.lv/en/travelling-during-pregnancy>