

## FIVE TIPS ON REDUCING STRESS FOR PREGNANT TRAVELLERS

### 1. Maximise your energy

Schedule quiet times into your daily routine. Taking a bath, napping, reading on the beach and even spending a quiet evening with room service can keep you feeling rested and energized throughout your trip.

### 2. Pack your food sensibly

Missing meals can leave you feeling sick or faint. Before you travel, pack plenty of healthy snacks in your hand luggage, such as nuts, dried fruit and cereal bars. Keep a bottle of water with you as well. Drinking extra fluids will help prevent swollen feet and ankles too.

### 3. Take Frequent Breaks

Airplane facilities are cramped and public toilets can be dirty, so when you find a clean, comfortable bathroom, use it. Sitting anywhere for long periods of time can make your feet and ankles swell and your legs cramp. When you're driving, be sure to take breaks at least every 90 minutes for stretching and walking around. Pregnancy puts a strain on your circulatory system that can leave you vulnerable to blood clots (thrombosis) and varicose veins. Flying during pregnancy increases your risk even more.

### 4. Avoid Thrush

Pregnancy makes you more at risk to thrush, and hot, humid climates that can make the situation worse. Wearing loose cotton clothing could help you avoid the problem. It never hurts to toss some anti-fungal cream or pessaries for vaginal thrush into your travel bag too just in case.

### 5. Choose Safe Activities

Avoid any activity that puts you at risk of falling, like Avoid : watersports | Scuba diving and other pressurised sports | Waterslides and amusement park ride. A forceful landing or sudden acceleration or deceleration could harm your baby. You should avoid saunas and Jacuzzi too. You can do plenty of other activities, such as yoga, brisk walking and swimming.

## Services

- Pre Conception Counseling
- Infertility Workup
- IUI Or Intra Uterine Insemination
- IVF Or In Vitro Fertilization
- ICSI Or Intra Cytoplasmic Sperm Injection
- Oocyte Donation And Egg Sharing Programs
- Surrogacy
- Embryo Freezing And Oocyte Freezing
- Cryo-Preserved Semen Bank
- Andrology Clinic
- TESA And PESA
- Basic And Advanced Endoscopic Surgery
- Hormone Analysis
- Genetic Counseling
- Pre Implantation Genetic Diagnosis (PGD)
- Pre Implantation Genetic Diagnosis (PGS)
- Recurrent Miscarriage Clinic
- Nutrition Clinic
- Care Pharmacy
- Care Ultrasound and Fetal Medicine



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SAFE TRAVEL - SAFE PREGNANCY



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## IS TRAVEL SAFE DURING PREGNANCY?

For most women, traveling during pregnancy is safe. As long as you and your foetus are healthy, you can travel safely until you are 36 weeks pregnant.

### When is the best time to travel during pregnancy?

- Before 32 weeks, if you are carrying one baby.
- Before 28 weeks, if you are carrying an uncomplicated twin pregnancy

### When is travel not recommended during pregnancy?

Travel is not recommended if you have certain pregnancy complications, including **preeclampsia, premature rupture of membranes, preterm labour, and High Risk Pregnancy**. Travel also may not be a good idea if you are pregnant with more than one foetus.

### What should I do before going on a trip?

There are a few things you can do to make sure your trip is safe and comfortable:

- Schedule a checkup with your obstetrician–gynecologist (ob-gyn) before you leave. Check that you are **up to date with your vaccines**. Know which vaccines to avoid and which you can take during pregnancy.
- **Know your estimated due date**, to know how far along you are in your pregnancy and **do carry a copy of your prenatal records**.
- Plan to bring any over-the-counter medications that you may need, such as pain relievers, hemorrhoid ointment, a first aid kit, and prenatal vitamins. Also **bring any prescribed medications**.
- Think about how long it will take to get to your final destination. **The fastest way often is the best.**
- Make your travel plans easy to change. Consider **buying travel insurance** to cover tickets and deposits that cannot be refunded.

## WHAT IS DEEP VEIN THROMBOSIS AND WHY IS IT A CONCERN FOR PREGNANT TRAVELERS?

Deep vein thrombosis (DVT) is a condition in which a blood clot forms in the veins in the legs or other areas of the body. DVT can lead to a dangerous condition in which the clot travels to the lungs. Sitting or not moving for long periods of time, such as during long-distance travel, can increase the risk of DVT. Pregnancy further increases the risk of DVT. If you are planning a long trip, take the following steps to reduce your risk of DVT:

- Drink lots of fluids.
- Wear loose-fitting clothing.
- Walk and stretch at regular intervals.

## What are some tips for traveling by plane?



Complete your flight before you reach 32 weeks of pregnancy. For international flights, the cutoff point often is earlier, sometimes as early as 28 weeks. **Check your airline's policies for any pregnancy travel restrictions. Book an aisle seat** so that you can get up and stretch your legs every 2 hours or so. Avoid **gas-producing foods** and **carbonated drinks** before your flight. Wear your seatbelt at all times.

## What are some tips for traveling by ship?



Make sure a doctor or nurse is on board the ship. Also make sure that your scheduled stops are places with modern medical facilities. Before you leave, ask your ob-gyn which medications are safe for you to take if you get **seasickness**. A concern for cruise ship passengers is **norovirus infection** that can cause severe nausea and vomiting for 1–2 days. People easily can become infected by eating food, drinking liquids, or touching surfaces that are contaminated with the virus. Wash your hands frequently while on board the ship. If you have diarrhea and vomiting at the same time, seek medical care.

## What are some tips for traveling by car?



During a car trip, make each day's drive as short as possible. Wear your seat belt every time you ride in a car. **Buckle the belt low on your hipbones, below your belly**. Place the shoulder belt off to the side of your belly and across the center of your chest (between your breasts). Plan to **make frequent stops** so that you can move around and **stretch your legs**. Limit travel to 5–6 hours a day.

## HOW TO PREPARE FOR FOREIGN TRAVEL?

1. Check your health insurance policy to see if you are covered internationally.
2. Avoid eating raw or undercooked food or drinking local water. Serious illnesses, **such as hepatitis A and listeriosis**, also can be spread by contaminated food and water. These diseases can cause severe complications for a pregnant woman and her fetus.
3. If you get diarrhea, drink plenty of fluids to combat dehydration. Before taking a diarrhea treatment, check with your ob-gyn or other health care professional to make sure it is safe. The best way to prevent illness is to avoid unsafe food and water.
4. Avoid travelling to places that may have highly contagious viral outbreaks like **ZIKA outbreaks** or may be put you at risk of exposure to a disease like **malaria prone zones**.
5. If there's a high risk of disease in the area you're travelling to, it's often safer for you to have a vaccine rather than travel unprotected.

## WHEN SHOULD YOU SEEK EMERGENCY MEDICAL CARE WHEN TRAVELING?

Go to a hospital or call emergency medical services right away if you have any of the following:

- Vaginal bleeding
- Pelvic or abdominal pain or contractions
- Rupture of the membranes (your “water breaks”)
- Signs and symptoms of preeclampsia (headache that will not go away, seeing spots or other changes in eyesight, swelling of the face or hands)
- Severe vomiting or diarrhoea
- Signs of DVT in the ankle, calf, or thigh (warmth or tenderness pain or sudden swelling, redness of the skin constant pain in one leg while standing or walking).

## PREGNANCY TRAVEL MEDICINES:

The following medicines are general guidelines. It is always better to consult a doctor and seek advice:

**NAUSEA:** Tab Doxinate 2 Tabs daily at bedtime

**VOMITING:** Tab Zofar 4mg SOS (upto 4 times daily)

**DIARRHOEA:** Econorm Sachet twice daily for the entire trip. Electral water as much as possible Tab Lomotil if loose stool more than 5 times.

**FEVER:** Tab Crocin 500 SOS (upto 4 times daily) Tab Taxim O 200mg twice daily for 7 days (if fever persists).

**UTI:** Plenty of fluids / Canberry Juice, Syr Alksol 2 tsf trice daily after meals in 1 cup of water. Tab Drocin DS SOS if severe, Tab Taxim.

**COUGH:** Syr Honitus 2 tsf thrice daily after meals

**COMMON COLD:** MONTEK LC SOS or upto thrice daily

**CONSTIPATION:** Syr Duphalac 2-3 tsf at bedtime with warm water

**HEADACHE:** Tab Crocin 650 SOS

**ACIDITY/ HEARTBURN:** Pudim Hara 30 drops in 1 cup water, Tab Pan 40 if persistent.

**MALARIA:** Pregnant women are more attracted to Mosquitoes and have weakened immunity making them prone to sever disease, affecting both the mother and the foetus. If you cant avoid going to a malaria prone zone , the risk of taking chemoprophylactic drugs are much less to the mother and the foetus than those from catching malaria.