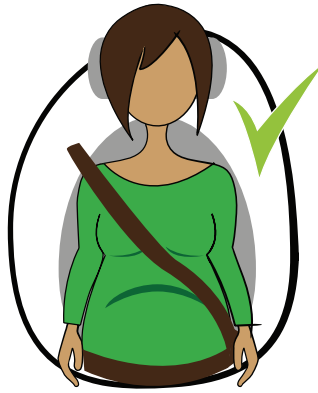


## Car

On longer car journeys it is important to stop regularly for a break and to stretch your legs. Wear your seatbelt with the cross strap between your breasts and the lap strap across your pelvis under your bump, not across your bump. Road accidents are among the most common causes of injury in pregnant women. Avoid making long trips on your own and share the driving with others when possible.



## Flying

Flying is not harmful to you or your baby, but it is important to discuss your pregnancy with your midwife or doctor before flying.

The likelihood of going into labour is higher after 37 weeks and some airlines will not let you fly towards the end of pregnancy. Check with the airline directly about this.

After week 28 of pregnancy, the airline may ask for a letter from your GP confirming your due date, and that you aren't at risk of complications. Long-distance travel carries a small risk of blood clots (known as deep vein thrombosis or DVT). Discuss any long haul travel with your doctor as you may require DVT preventative medication, particularly if you have other risk factors.

If you fly, drink plenty of water and move around the cabin regularly. You can buy a pair of compression stockings from the pharmacy, which will help reduce the risk of DVT.