

Flying while pregnant

We want to make sure that you can travel the world no matter what phase of life you're in. So, we've gathered all our best tips, tricks and advice for flying while pregnant.



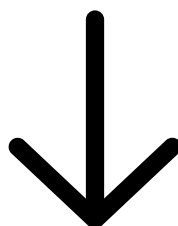
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Planning your trip

Depending on which trimester you're in, flying while you're pregnant is just like any other trip. But if your pregnancy is farther along there may be a few extra steps you need to take during the planning phase.

Get a doctor's note

You don't need a doctor's note to fly until your third trimester. Once you reach 36 weeks, you'll need a letter from your obstetrician saying it's okay for you to travel.

THIS LETTER MUST:

- Be dated within 3 days of the start of your trip.
- Include the dates of your departure and return flights.
- State your baby's estimated birth date, which must be after the return flight.

We recommend keeping three printed copies of this letter with you on your trip.

Choose the right seat

Which seat will work best for you depends on your needs.



Aisle seats

These seats are easiest to get in and out of to go to the bathroom.



Bulkhead and premium cabin

Bulkhead seats, which are the seats just behind the wall that separates cabins,

and [premium cabin](#) seats are the most spacious.



Over the wing

Seats over the wing will typically offer the smoothest ride if there's turbulence.

Make backup plans

Just in case something comes up, or baby comes a little earlier than expected, you can cancel your flight for a travel credit. You can also buy a [refundable ticket](#), or if you need to change your trip, there are [no change fees](#) for most flights.

We also partner with AIG to offer trip insurance for our flights. [Learn more](#) about their plans and what they cover.

At the airport

Going through security can be stressful, but you don't need to add worrying about your baby to the list. The TSA makes sure that all of their equipment is safe for you and your child.

[More TSA tips](#)

On the plane

Flight attendants can help you stow your carry-on bags in the overhead bin if you're not able to lift them yourself. You can also request a seatbelt extender if you need one. Be sure to buckle your seatbelt low under your belly and keep it fastened whenever you're seated.

If you're seated in an exit row you may have to help us during an emergency. This would require you to lift things. If you're not comfortable with this, we can move you to a different seat before takeoff.



Traveler pro tip

Here are a few doctor recommended tips for staying healthy inflight while you're pregnant:

- Keeping hydrated is key.
- Compression stockings will help with blood flow.
- Rotating and flexing your ankles while sitting in your seat will help with swelling.
- If you're prone to morning or motion sickness, ask your doctor about nausea remedies.