

Advice for Pregnant Women While in a Car

Traveling by car is common during pregnancy, but it's important to prioritize safety and comfort for both mother and baby. Here's a quick guide with essential advice:

1. Always Wear Your Seat Belt Properly

- **Three-Point Seat Belt:** Use both lap and shoulder belts.
 - **Lap Belt:** Position it **under the belly**, low on the hips, and across the upper thighs. It should never go across your stomach.
 - **Shoulder Belt:** Place it **between the breasts** and to the side of your belly.
 - **Never Place Belt Behind Back or Under Arm:** This reduces its effectiveness and can be dangerous.
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2. Adjust Your Seat for Maximum Comfort and Safety

- **Sit Upright:** Maintain a good posture—back straight, shoulders relaxed.
 - **Distance from Steering Wheel/Airbag:** Adjust the seat so you're as far from the dashboard/steering wheel as possible, but still able to drive comfortably.
 - **Tilt Steering Wheel Upwards:** If possible, angle the steering wheel towards your chest, not your belly.
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3. Take Frequent Breaks for Long Journeys

- **Every 60-90 Minutes:** Stop and get out to stretch legs and walk a little. This improves circulation and reduces risk of blood clots.
 - **Hydrate and Snack:** Drink plenty of water and eat light snacks to avoid dehydration and low blood sugar.
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4. Manage Nausea and Discomfort

- **Travel During Cooler Hours:** Early morning or evening can help avoid heat and traffic.
 - **Fresh Air:** Crack a window or use air conditioning for ventilation.
 - **Motion Sickness:** Bring ginger candies, anti-nausea wristbands, or other remedies advised by your doctor.
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5. Know When Not to Drive

- **Heavy Contractions or Pain:** Do not drive if you are experiencing labor signs, severe pain, or feeling unwell.
 - **Medical Complications:** If advised by your doctor to avoid travel (preterm labor risk, high blood pressure, etc.), strictly follow their guidance.
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6. Emergency Preparedness

- **Phone Charged:** Keep your phone fully charged and within reach.
 - **Emergency Numbers:** Have emergency contact and hospital numbers saved.
 - **Medical Records:** Carry a copy of your pregnancy-related medical records, especially for long trips.
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7. Airbags

- **Do Not Deactivate:** Airbags are important for safety; keep them on.
 - **Proper Positioning:** Keep as much distance between you and the airbag as possible while still able to drive safely.
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8. Avoid Risky Driving Conditions

- **Heavy Traffic or Long Night Drives:** Try to avoid driving under stressful or poorly lit conditions.
 - **Weather Hazards:** Postpone travel in heavy rain, storms, or fog whenever possible.
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9. Get Immediate Medical Attention If:

- You are in a car accident, no matter how minor.
 - You notice any vaginal bleeding, contractions, loss of fluid, or abnormal pain after travel.
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Stay Safe – Your comfort and your baby's safety come first! If in doubt, consult your physician before traveling.

For any issues with your car's safety features or to arrange custom seatbelt accessories, contact your local Aventro Motors Service Center.