

Mayo Clinic Medical Edge
Pregnancy & Air Travel

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	MAYBE IT'S A QUICK TRIP TO SEAL THE BIG DEAL WITH A CLIENT, OR JUST A VISIT BACK HOME. NORMALLY, YOU WOULDN'T THINK TWICE ABOUT GETTING ON THE PLANE. BUT NOW, WITH YOUR BABY DUE IN A FEW WEEKS YOU'RE WONDERING, SHOULD I? DR. JAN STEPANEK IS AN AEROSPACE MEDICINE SPECIALIST AT MAYO CLINIC.
Jan Stepanek, M.D. Track 2 (8:38)	"FLYING IN AND OF ITSELF IS NOT DANGEROUS FOR A PREGNANT WOMAN."
	AS LONG AS THE PREGNANCY IS

	<p>PROGRESSING NORMALLY, THERE REALLY SHOULD BE NO WORRIES. AND MOST AIRLINES DON'T HAVE LIMITATIONS ON TRAVEL UNLESS YOU ARE PAST 36 WEEKS. YOUR BIGGEST CONCERN MIGHT BE WHERE TO SIT.</p>
<p>Dr. Stepanek Track 2 (8:45)</p>	<p>"IF YOU HAVE A PROBLEM WITH MOTION SICKNESS OR MORNING SICKNESS, SITTING OVER THE WINGS IS ACTUALLY A VERY GOOD LOCATION."</p>
	<p>IF YOU HAVE ANY PAIN, BLEEDING, A HISTORY OF PAST PROBLEMS IN PREGNANCY, OR IF YOU'RE MORE THAN 36 WEEKS ALONG, DR. STEPANEK SAYS TRAVEL IS GENERALLY NOT ADVISED UNLESS CLEARED BY YOUR PHYSICIAN.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

