Flying During Pregnancy

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We care about the comfort and safety of all passengers on our flights, especially taking into account the conditions under which pregnant women will feel comfortable, calm, and safe during the flight.

For women with a normal pregnancy, flying is generally not an issue. However, we still recommend that pregnant women consult their doctor before traveling to discuss the upcoming flight and obtain the necessary documentation.

Even if a pregnant woman has no health issues, she must provide a MEDICAL CERTIFICATE or other document signed by her physician that contains the following accurate information:

1. Pregnancy term and expected delivery date.
2. Confirmation that the pregnancy is uncomplicated and that air travel is not contraindicated.

The certificate must be issued no more than 7 days before the initial departure date to the destination.

Until what stage of pregnancy is air travel permitted?

	1–31 weeks	32–35 weeks	36 weeks or more

Expecting One Child	Allowed	Allowed	Not Allowed
Expecting More Than One Child	Allowed	Not Allowed	Not Allowed

The second trimester, between the 13th and 28th week, is considered the optimal time for air travel as it is usually the most comfortable period of pregnancy. In the third trimester, the baby grows faster, increasing the strain on the body. Therefore, if you plan to travel in the later stages, be prepared by knowing where to seek medical assistance if necessary. For international travel, consider purchasing travel medical insurance. Usually, after the 22nd week, doctors provide a maternity card or booklet containing information on the pregnancy’s progress and test results. If you have such a card or booklet, be sure to bring it with you in case you need to see a doctor urgently.

A Few Tips for Traveling During Pregnancy:

- Visit your doctor before the flight and listen carefully to their advice regarding long flights.
- Choose aisle seats for easier movement. To improve circulation, especially during long flights, stand up and walk around regularly.
- For long-haul flights, select seats with extra legroom or book a Business Class seat. Additional legroom will allow you to adjust your position, helping to maintain good blood circulation.
- Travel with a companion.
- Drink plenty of water during the flight and avoid dehydrating beverages like tea and coffee.
- Don’t forget to bring all your medical documents. If you are traveling abroad, translate these documents into English.

Newborns are accepted for travel starting at 7 days old.