FLYING DURING PREGNANCY

2025 7 October

On our airline’s flights, pregnant women are permitted to travel if there are no medical contraindications or complications during pregnancy, under the following conditions and gestational periods:

Pregnancy Term	Expecting One Child	Expecting More Than One Child
1–31 weeks	Flight permitted	Flight permitted
32–35 weeks	Flight permitted	**Not permitted**
Over 35 weeks	**Not permitted**	**Not permitted**

At check-in, expectant mothers must present a document confirming the gestational term and indicating whether the pregnancy is single or multiple.

Expectant mothers at 22 weeks of pregnancy or more must present to the check-in agent or airline representative a valid medical document (such as a medical certificate, record book, or statement from an obstetrician-gynecologist based on screening, examination, HCG analysis, or ultrasound), signed by a physician and containing reliable information confirming the absence of contraindications to air travel.

This document must be issued no earlier than 7 days before the date of departure on the first segment of the journey indicated on the ticket. The total validity period of such a document for return or subsequent flights shall not exceed 30 days from the date of issuance.

If the gestational term exceeds the limits indicated in the table, pregnant women are not permitted to travel on Uzbekistan Airways flights, even if they hold valid medical documents confirming normal pregnancy and the absence of complications.

A few tips for expectant mothers to ensure a safe and comfortable flight:

• The optimal time for air travel during pregnancy is the second trimester (weeks 13–28). If flying later, plan ahead and know where to seek medical assistance at your destination. For international trips, consider obtaining travel medical insurance.

• Before traveling, visit your doctor for individual recommendations. Please note that the airline may refuse carriage if the passenger’s physical condition poses a risk to safety, interferes with the crew’s duties, or creates unavoidable discomfort or risk to the passenger and others during the flight.

• Choose aisle seats to make it easier to stand and move around. To prevent swelling, especially on long flights, stand up and walk regularly.

• For long-haul flights, consider seats with extra legroom or travel in Business Class for greater comfort and freedom of movement.

• Travel, whenever possible, with a companion.

• Stay hydrated during the flight and avoid drinks that cause dehydration (such as tea and coffee).

• Bring all your medical documents with you. If you are traveling abroad, translate them into English or another language understood at your destination.

Acceptance of Newborn Infants for Carriage

Healthy newborn infants are accepted for air travel only if they are at least 7 days old. Newborns younger than 7 days, as well as infants requiring transportation in incubators or ventilator boxes, are not accepted for carriage on Uzbekistan Airways flights.