

# Flying While Pregnant: 10 Tips for a Comfortable Flight

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One of my more uncomfortable pregnancy experiences was [flying](#) when I was about 6 months into my pregnancy with my second baby. My husband and I were sharing one 17-month-old lap-child between the two of us, and I absolutely could not get comfortable. I felt cramped, and my rear and lower back hurt, and I kept shifting just trying to get through the three-hour flight. I tried to get up and move when I could, but forget dozing off like I typically do on a plane. So while flying while pregnant will probably not be the most fun you've ever had, there are a lot of ways to make it a little bit more comfortable. And hopefully you're on your way to an awesome [vacation destination](#), and flying while pregnant is totally worth it ...

Today, we have [Dr. Luis Navarro](#), a circulatory expert and director of [The Vein Treatment Center](#), who is offering up some ways to optimize blood circulation for flying while pregnant in order to prevent blood clots in the lower legs.

## 10 TIPS FOR FLYING WHILE PREGNANT



### 10 Tips for Flying While Pregnant

- 1. Stay active.** During the flight, walk around every hour to promote circulation. If driving long distances, be sure to make stops to stretch out along the way.
- 2. Rotate and flex.** Rotate your ankles and feet whenever possible, and flex your toes to promote leg vein circulation.
- 3. Elevate your feet.** Raise your feet 6 to 12 inches above your heart whenever possible to assist circulation.
- 4. Airplane yoga.** Since elevating your feet can be tough on a plane, do some easy stretching with a little [airplane yoga](#) to keep moving.
- 5. Avoid high-salt foods.** Unhealthy foods packed with salt can cause constipation, which puts pressure on the venous system.
- 6. Wear compression stockings.** [Compression stockings](#) act like an added layer of muscle, aiding the performance of the "second heart" and venous circulation. Wear them when flying while pregnant for sure!
- 7. Take vitamin C and E.** Both of these vitamins help blood flow by promoting better circulation.
- 8. Stay hydrated.** Drink plenty of water during your flight; dehydration can cause the blood to become more concentrated and lead to blood clots.
- 9. Avoid alcohol.** Obviously, alcohol is typically a no-no during pregnancy, but in addition, alcohol is dehydrating, which is bad for circulation. A good reminder for us all — flying while pregnant or not!
- 10. Avoid caffeine.** Avoid caffeine directly before and during your travels. It is also a dehydrating substance.

**Have you ever flown with a big belly bump? What made you more comfortable flying while pregnant? —Erin**