

## Information – Pregnancy and flying

Pregnancy is a normal physiological process, but is accompanied by major anatomical and hormonal changes, that increase the risk of disability correspondingly. The pregnant pilot must also consider the cumulative effects of pressure changes and radiation exposure on the developing fetus, although they are not directly relevant to flight safety.

Flying is a demanding task, changes due to pregnancy which normally cause only inconvenience can have significant safety implications in the aviation environment.

A pilot should ground herself and notify a specialist in aviation medicine should she feel unwell or if any of the following occur during the period when flying is permitted (up to the end of the 26 week of pregnancy\*). Medical advice should be sought from your doctor or midwife:

- 1) Faintness, dizziness or vertigo
- 2) Nausea or vomiting
- 3) Anaemia (Haemoglobin 6.2 mMol/L or less)
- 4) Glycosuria or proteinuria (Sugar or protein in urine)
- 5) Urinary tract infection
- 6) Any kind of vaginal bleeding (including "spotting")
- 7) Abdominal pain
- 8) High blood pressure

It may be helpful for you to give ~~one~~ a copy of this Information sheet to your midwife or doctor for inclusion in your notes.

\* Class 1 pilots with OML