



Travel/Working/School & Pregnancy

Travel

Traveling is safe during pregnancy for most women. The best time to travel is between weeks 14-18 as most common emergencies usually happen in the first and third trimester. If you are planning a trip out of the country, discuss this with your doctor and check with the CDC to see if any specific vaccines are needed (www.cdc.gov/travel).

For flights, or cruises, find out whether your airline or cruise-line have any travel restrictions during pregnancy. Have a prenatal check up before you leave on your trip and take a copy of your health records with you. If long trips are planned, drink plenty of liquids and walk every few hours. This can reduce the risk of developing blood clots in the legs.

Stay in the Atlanta area after 36 weeks because you could go into labor and we want to be there to welcome your newborn into the world!!

Working/School

A woman can usually continue working or attend school until she goes into labor. We may want to restrict your work if you are having pregnancy complications depending on your job activities. Also, women who have strenuous jobs may be at higher risk for early delivery or smaller babies. We have Pregnancy Work Guidelines handout that you may request to share with your supervisor at work. Please discuss this with your doctor and request a copy of the handout.

Pregnancy Work Guidelines

Dear Patient,

Please review the "Work Guidelines for Pregnancy". These guidelines are standard practice of care for obstetric patients. Our patients must follow these standard guidelines when giving information to employers. It will be up to the individual supervisor and company on how they are best applied.

There will be a \$10.00 charge for ALL disability forms you ask us to complete. Please allow 2 weeks for the forms to be ready; they cannot be completed at the time of your visit.

At 38 weeks gestation, some of our patients want to be released from their work duties. We have a letter that gives the expected date of confinement (due date) as well as the date you have requested to be placed on leave. Please be advised that this is a decision made by the patient and, if not medically indicated, cannot be enforced by this office.