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Travelling with Pregnancy? Some Useful Tips for You by Archi Mehra

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Hey ladies, thereâ€™s good news for you. Now, you can enjoy vacations even in your 30th week pregnancy. Travel for pregnant ladies was frowned upon in our grandmotherâ€™s time, but today itâ€™s has become an absolute possibility to travel right up to the 30th week of pregnancy. With a little bit of care and proper awareness and attitude, fraught ladies can have pleasant holiday experience. Following are some helpful hints and tips to make you enjoy â€˜travelling with tummyâ€™.

1 Donâ€™t put off for tomorrow what you must do today. Before going on a vacation, you must opt for a prenatal check up. Itâ€™s imperative to consult with your doctor regarding your journey. Also, you must carefully check your insurance policy to assure that youâ€™re covered for all contingencies.

2 Check airlineâ€™s rules before booking your flights. Considering the health and safety, many airlines allow flying up to 35th week of pregnancy. You may be asked for a medical letter to verify the stage of your pregnancy. So, itâ€™s better to prepare for that in advance.

3 Though holiday is for fun and excitements, youâ€™re advised not to take high risks. Avoid traveling to malarial zones as pregnant ladies are more likely to catch the disease. Apart from that, donâ€™t plan to visit a high-altitude destination, especially if youâ€™re in the first trimester of your pregnancy.

4 Treat yourself with excessive indulgence. Avoid planning a hectic schedule, and build extra rest stops on your journey. Avoid unhygienic food, and try to eat high-fiber foods like fruits and vegetables. Donâ€™t compromise with your health and use only seal-packed water and food. Itâ€™s also advisable to keep powdered milk in your travel kit to ensure you get enough calcium even when youâ€™re on a holiday.

5 The best way to have a pleasant holiday during pregnancy is to buy a tour package from a reliable travel company. Many tour company offer holiday packages for all major tourist destinations, like holiday packages for Singapore and packages for holiday at Goa beaches. You can choose the suitable one and enjoy the holiday to the maximum.

6 Though one can enjoy holiday up to the eighth month of her pregnancy, the best and safest time to travel is up to the fourth month. Till that time, the risk of miscarriage or early labour is very small.

Remember that you have responsibility for two of you, so itâ€™s advisable to plan a holiday in group instead of a solo travel. You may need for emergency help, so carry a cell phone with all important numbers being added in it. Tour packages are however the best option to plan your holiday during pregnancy. Be a little extra careful, and stay safe following the above mentioned tips.

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Writer of this article is associated with Hungry Bags, a reliable travel portal where you can have various tour packages including a packages for Singapore, a Goa holiday packages and a Bangkok

packages at affordable rates.

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