

## **Pregnancy information sheet for pilots, air traffic controllers and their clinical advisors**

Performing the duties of a pilot or air traffic controller (ATCO) can be demanding. Physiological changes due to pregnancy which normally cause only inconvenience can have significant safety implications in the operational aviation environment, particularly if there are other medical conditions present.

In the event of pregnancy, certification may continue if regular obstetric evaluation indicates a normal pregnancy and the certificate holder's Aeromedical Examiner (AME), or General Practitioner (GP) for a GP-issued LAPL, considers that they are fit to do so.

Licensed activities may then continue until the end of the 26th week of gestation for pilots and 34<sup>th</sup> week for ATCOs provided all remains well. For holders of a class 1 medical certificate who are pregnant, a multicrew (OML) will be applied by the AME. Other classes of medical certificate do not require operational limitations during pregnancy unless indicated by a co-morbid condition or complication, as assessed by an AME.

Should an applicant feel unwell or, in particular, any of the following occur during the period when flying / controlling is permitted, clinical advice should be sought from the obstetric doctor or midwife, and the AME in terms of aeromedical fitness:

- 1) Faintness, dizziness or vertigo
- 2) Nausea or vomiting
- 3) Anaemia (Haemoglobin 10g/dL 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
- 9) Change to mental well-being

Following the end of a pregnancy, pilots may resume exercising their privileges after recovery, as confirmed by a report from their specialist, GP or midwife, particularly if there have been planned or unplanned procedures or complications. Particular attention should be given to potential mental well-being issues and risks. ATCOs must have a revalidation Class 3 medical examination.

Applicants should provide a copy of this information sheet to the midwife and/or doctor responsible for their care.