

Private Pilots, Pregnancy and Flying - Information Sheet

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 26th 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 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

Two copies of this information sheet are enclosed. It may be helpful for you to give one to your midwife or doctor for inclusion in your notes.