

Professional 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 multi-crew 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 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.