

Flying and Pregnancy

Pregnancy is a natural event and most pilots can continue to fly throughout much of their pregnancy. However, pregnancy must be notified to the Director of Civil Aviation, as a change in medical condition.

Each pregnancy is unique, but the following conditions and restrictions will generally apply:

- » Class 1 and 2 medical certificate holders may not fly until reaching the end of 12 weeks of pregnancy. At the end of the first 12 weeks, the CAA requires a satisfactory ultrasound confirming the dates of the pregnancy, and a report from the pilot's Lead Maternity Carer (LMC). This should include full clinical details and blood test results.
- » Class 1 holders flying passenger-carrying air operations must fly either with or as a co-pilot during pregnancy.
- » Class 1 privileges are suspended at 28 weeks of pregnancy.
- » Pilots may continue to exercise Class 2 privileges from 28 weeks until the end of 32 weeks, provided they fly with a safety pilot.
- » Class 1 and 2 holders cannot resume the full privileges of their medical certificate until six weeks after delivery, and following a satisfactory clearance from their Medical Examiner.
- » During the pregnancy, the pilot must provide the CAA with a brief report following each visit with their LMC (a photocopy of the LMC notes is best), outlining any concerns, and including any laboratory and ultrasound reports. The CAA must be notified of any complications, need for medications or referrals to a specialist.
- » Pregnant pilots who experience complications or feel unwell should immediately ground themselves and notify the CAA. ■

