

covered for all eventualities. Most policies don't automatically cover pregnancy-related conditions or nursery care for premature infants.

Most, but not all, vaccines are considered safe during pregnancy. Once your pregnancy is confirmed, you'll require special advice. A Canadian organization called Motherisk will answer any questions you might have about appropriate drugs and immunization (see the "For More Information" section).

It's wise to build in extra rest stops while you're travelling. Your body is busy nurturing a baby, and the extra effort of travel makes it work even harder.

Constipation can be a problem, especially if you're taking iron supplements. Try to eat plenty of high-fibre foods, like fruits and vegetables.

In developing countries, pasteurized milk is often difficult to find. You can take powdered milk with you if you want to ensure that you get enough calcium. It can be added to most foods.

For coping with morning sickness, ginger is an excellent remedy. Crystallized forms can be found

"Don't just read the book! Travelling to new cultures and meeting new people is not only rewarding in itself, it also gives us an enriched vision of home and the people closest to us."

*Françoise Ducret,  
chair, Canadian Chapter, European  
Travel Commission, 1995-1997*

in the baking section of most supermarkets. Otherwise, raw ginger root can be found just about anywhere in the world, and can be grated into your food in small amounts.

If possible, avoid travelling in malarial zones. Even while taking antimalarial drugs, pregnant women are more liable to catch the disease, and the illness tends to be more severe.

Especially if you're in the first trimester of your pregnancy, avoid high-altitude destinations, where oxygen to the fetus could be decreased.

Pregnant women should avoid using iodine to purify water. Iodine could have an adverse effect on the fetal thyroid.