

Modern bathrooms as we know them in North America do exist around the world, but not everywhere. As a traveller, you'll come across everything from outhouses to simple holes in the ground where squatting is a necessity. Some toilets will flush, but many won't. In developing countries, some cubicles are enclosed. However, as you venture further into the countryside, you might have to make do with little or no privacy.

To cope with the vagaries of foreign bathrooms, consider wearing a long, full skirt. This will allow for some modesty in situations where you have to "go" outdoors.

Always carry a supply of toilet paper with you. In some parts of

Try to have at least your first prenatal checkup before you travel.

You should check airlines' rules about pregnant passengers before you book your ticket. In Canada, airlines will allow you to fly up to the 35th week of your pregnancy, providing you're healthy

"Oh Canada! I enjoy leaving it, but I love coming back."

*Erica Ehm,  
Canadian television  
personality*

the world, it's either very scarce or too coarse to be usable.

In parts of Asia and Africa, expect a jug of water, left beside the toilet, in lieu of paper.

The smell in toilets is sometimes overpowering. Try dabbing some mentholated ointment or lip balm under your nose to help mask the odours while you use the facilities.

Carry your own antiseptic wipes or a small bar of soap. These are generally not readily available.

and there is no previous history of premature labour. The rules in other countries might be different. You could be asked to supply a letter from your doctor verifying the stage of your pregnancy.

Check your travel insurance policy carefully to make sure that you'll be

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.