

### Notes

1. G and O factors - refer to CF HSvcs Gp Instruction 3100-23.
2. These are the minimum restrictions. FSurg should also apply additional MELs specifying flight types, durations and destinations as applicable. MELs in Medical Disposition Notes are to include **a specific date** from which they apply, NOT 'from 24 weeks' (i.e. 'unfit flight duties from 20 Nov 21').
3. Live controlling in ground position may be continued past 34 weeks under FSurg supervision with obstetrics consult.
4. Immediate grounding for potentially incapacitating conditions or complications (pre-eclampsia, HELLP, threatened abortion, depression etc).
5. Includes full post-partum recovery from lacerations, c-section or other birth complications, no signs of post partum depression, etc, plus clearance from obstetrics to return to flying duties. This is minimum interval and is at discretion of FSurg.
6. Ongoing complications to be managed on case by case basis IAW applicable FSurg guidelines. TCAT may be extended as required after 12 months, to ASCS for review.
7. Post Partum depression to be managed IAW relevant FSurg guidelines.
8. IAW FSG 100-02.
9. For aircrew applicants, the initial aircrew medical should be deferred until post-partum and TCAT been removed (see AMA 100-01 para 15.2). Initial air factors will not be approved during pregnancy.

### Useful References:

CF HSvcs Gp Instruction 3100-23

## Pregnancy Confirmed

TCAT G4/O4(T12)<sup>1</sup>, A3 (T12) Unfit Ejection Seat Aircraft; May fly with or as co-pilot qualified on type<sup>2</sup>. No unpressurized flight or chamber runs above 10,000' unfit hypoxia recognition training. SAR Tech: Unfit operational jumping, CDSM for dive.

- Low risk singleton pregnancy - may continue flight duties to 24 weeks and may live control to 34 weeks (AEC, ACOP)<sup>2,3</sup>, then Unfit > put DATES on the MDN.
- Multiple pregnancy and/or complications - discuss flight restrictions with ASCS.
- At any time during the pregnancy the FSurg or aircrew member can decide on grounding as required by the member's specific clinical condition and/or concerns about the effect of the aviation environment on pregnancy outcome<sup>4</sup>.

### Return to Flight Status post partum:

- Uncomplicated SVD – FSurg may reassess for return to flying duties 2 weeks after birth<sup>5</sup>.
- Uncomplicated C-Section - FSurg may reassess for return to flying duties 6 weeks after birth<sup>5</sup>.
- Complications in pregnancy, birth or postpartum are to be managed on case by case basis by FSurg with Obstetrics and ASCS consultation<sup>6,7</sup>.

Uncomplicated pregnancy – Approval for return to flying by B/W Surg<sup>8,9</sup>  
Other - Aeromedical Disposition Approved by ASCS