

Anticoagulation and Travelling

Changes in diet and climate can impact the blood coagulation. Thanks to coagulation self-management and with a little preparation, people requiring oral anticoagulation¹ (e.g. Warfarin®) can enjoy the freedom to travel the world.

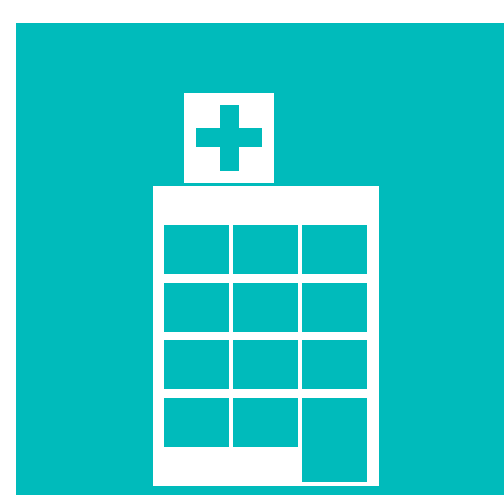
1. Before travelling



See your doctor to clarify the following questions:



Are there any concerns considering the travel destination?



Is adequate medical care available at the travel destination?



Is any medical prophylaxis required? If yes, could it impact the coagulation?

2. When travelling



Luggage can get lost. Take important things on board.



What to put in the cabin luggage:



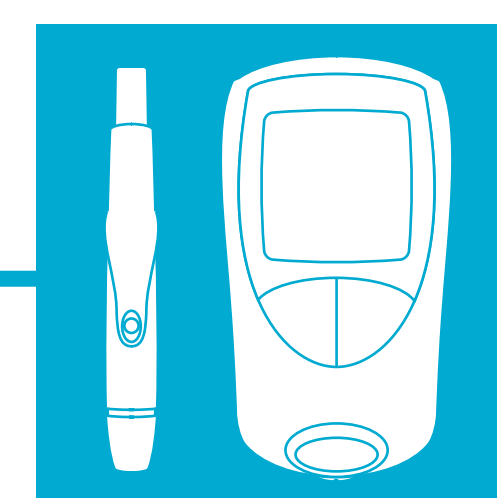
Medication



Coagulation ID



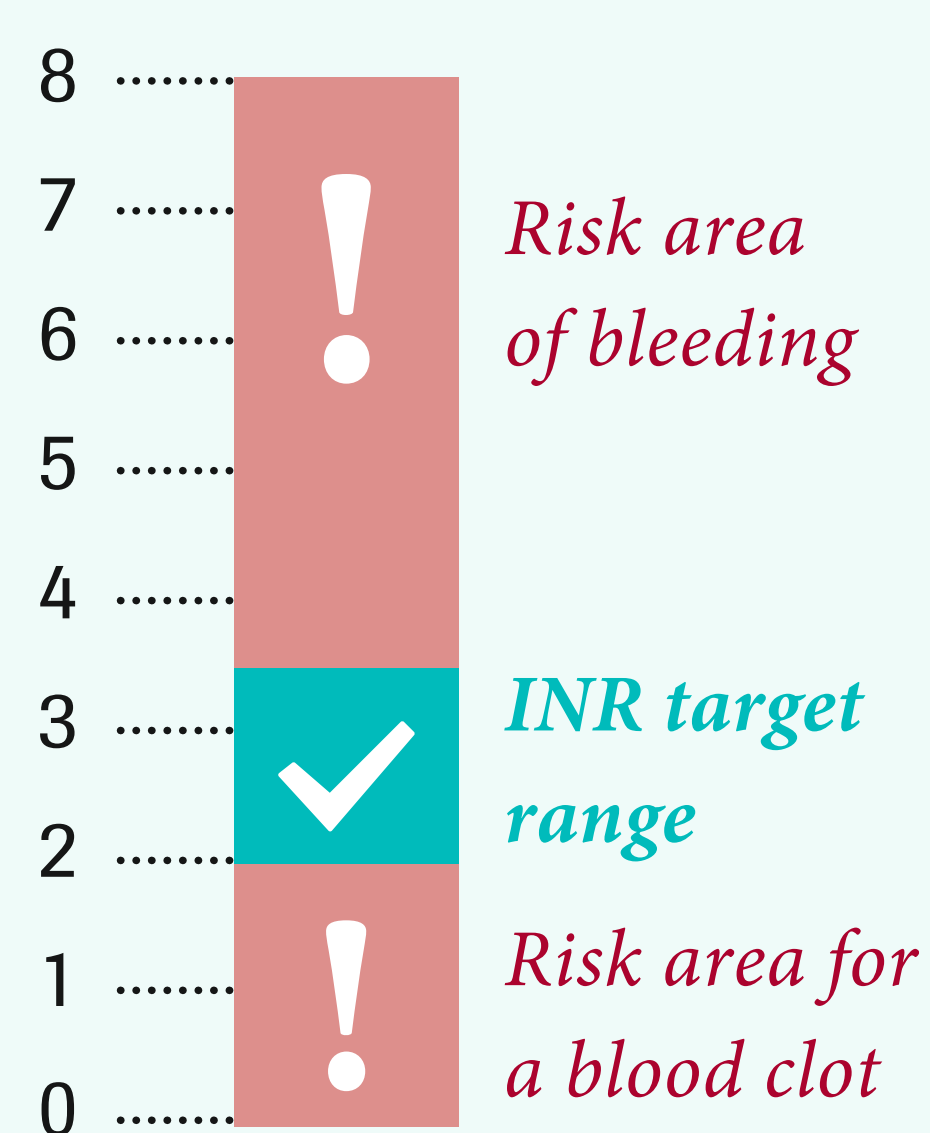
Insurance documents



Coagulation monitoring devices

Coagulation monitoring for a safe trip

Each body responds differently to lifestyle changes. This is why it is so important to monitor the coagulation value (mostly as INR value) during vacation.

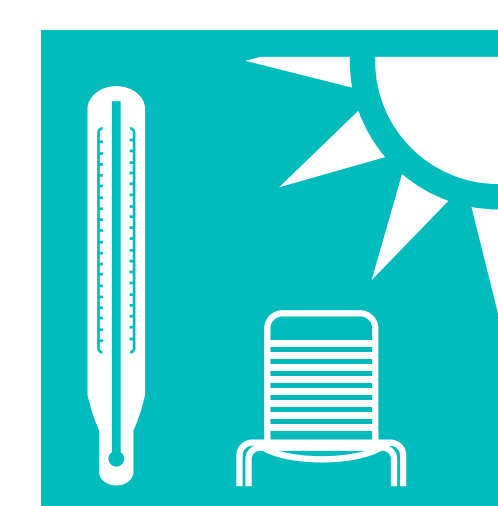


3. At the travel destination

Many things are different on vacation, and that's what we love about it. However, the holiday lifestyle can influence coagulation:



Food

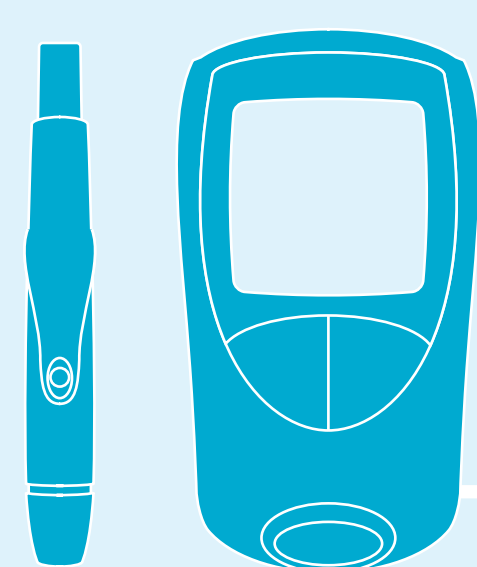


Climate

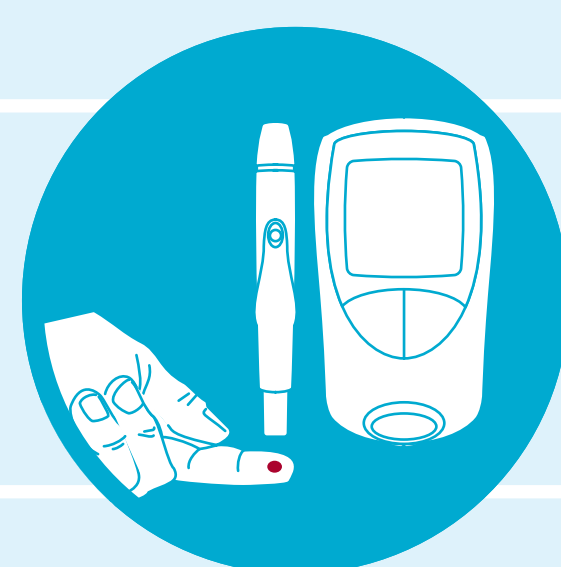


Physical activity

Why coagulation self-management makes the difference



Self-monitoring their coagulation...



...allows patients to check their INR value – no matter where and when...



...and gives them the freedom and security to fully enjoy their holidays.

¹ All information applies to patients taking vitamin K antagonists.