

Tips to help you travel with confidence

1. Before travelling

Make an appointment with your doctor, and ask the following:

-  Are there any concerns about the travel destination?
-  Is adequate medical care available at the travel destination?
-  Is any medical prophylaxis required? If so, could it impact coagulation?

2. While travelling

Luggage can get lost. Pack important items (e.g. medications and your coagulometer) in the luggage you plan to carry on board. **What to put in your cabin luggage:**

-  Medication
-  Coagulation ID/ package insert
-  Insurance documents
-  Coagulation monitoring device

3. At your destination

Many things are different on vacation, and that's what makes it so enjoyable. **However, the travel lifestyle can influence coagulation because of changes in:**

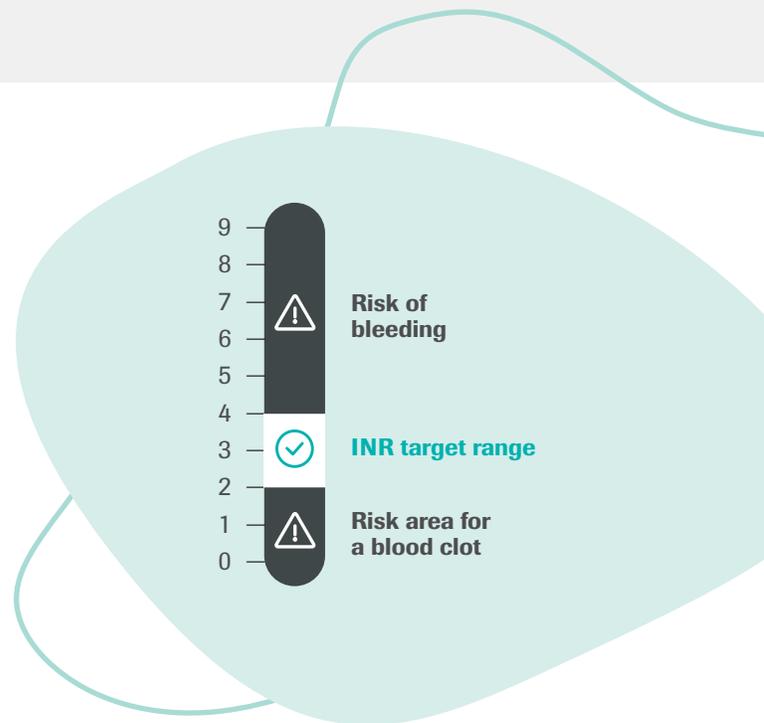
-  Food
-  Climate
-  Physical activity

Coagulation monitoring for a safe trip

Each body responds differently to lifestyle changes. This is why it is so important to monitor your INR during vacation.

How coagulation self-testing can make a difference

Self-testing of coagulation allows you to check your INR—anywhere, anytime—and gives you the freedom and security to fully enjoy your vacation.



INR: international normalized ratio

