



TRAVEL TIPS ON



ANTICOAGULATION THERAPY

If you are taking anticoagulation to treat, prevent or reduce the risk of blood clots or stroke risk, you can help manage your treatment with the following tips to aid a stress free trip.

If travelling abroad, notify your travel insurance company that you are taking anticoagulants in order for your policy to cover you for your condition and if you need treatment whilst you are away.

NHS choices provide a wealth of health information when travelling:

www.nhs.uk/NHSEngland/Healthcareabroad/Pages/Healthcareabroad.aspx

■ Get a translation of the medicine you take in the native language before you go and take any original packaging of your medication with you. This will help a Doctor or Pharmacist identify medications you are being prescribed and can avoid any confusion if you or fellow travellers are incapacitated for any reason

■ If you are going to a country with a malaria risk, seek guidance from the Public Health Guidelines for malaria prevention in travellers from the UK published in 2017. On pages 56 & 57, there are specific references to the links between malaria treatments, warfarin and Doacs, the newer suite of anticoagulants

which do not require to be monitored regularly as warfarin does:

assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/660051/Guidelines_for_malaria_prevention_in_travellers_from_the_UK_2017.pdf

■ Some travel zones require certain inoculations against diseases, you can find out more at:

www.nhs.uk/conditions/travel-vaccinations/

WARFARIN USERS

■ Notify your doctor/prescriber/anticoagulation clinic of your travel plans and seek advice as to when you should have your INR taken before travelling and when you return. If you are planning a long haul trip, you may wish to arrange to have your INR taken at a local clinic abroad which may incur a cost.

■ Alternatively, you may wish to purchase your own handheld monitor to check your INR levels for reassurance whilst you are away from home. If you are already having your INR checked using a handheld device then you will be used to how they work and seeing the immediate result. We would always suggest you speak with your clinic or GP before purchasing a device, they should be able to advise you on what you need to do

if your INR level is too high or low and an adjustment is necessary. For more information, we suggest you contact the manufacturers.

Roche Diagnostics at: shop.coaguheck.com/products/coaguheck-inrange/

■ Remember to have your yellow book or alert card information on you at all times. Taking a image of the book and your current dosing regime and range and saving it on your smartphone helps in case you lose the book.

■ As well as making sure you have sufficient medication, take extra tablets to allow for dosing adjustments which may be required as advised by a doctor

■ Ensure you take more medication than you require for the trip, you never know when delays or disruptions in travel may occur.

■ Carry all medication in your hand luggage for ease of access and safety.

■ Warfarin can be affected by diet and alcohol intake. Avoid making dramatic changes to your diet such as eating larger amounts of leafy green vegetables and salads which are high in vitamin K as this can affect the clotting process. Avoid binge drinking and stick within the safe levels of 2-3 units a day.

■ Avoid dehydration and keep up water intake.

■ Take your medicine regularly and if you miss a dose, make a note in your yellow book and take the dose as soon as possible but don't double dose. If you are concerned, seek medical assistance.

DOACS OR NOACS. Apixaban, Dabigatran, Edoxaban and Rivaroxaban

■ These oral anticoagulants do not require any monitoring blood tests once your Doctor has assessed that they are suitable for you. They work in your body for around 12 -24 hours until you take the next dose. It is important not to skip or forget to take these drugs to ensure you have maximum protection against clotting.

■ It's important that you take your anticoagulation at the same time each day. If travelling across time zones, set an alert or alarm on your watch or phone to remind you.

■ If you experience an unusual bleed, seek medical advice immediately informing healthcare professionals that you take anticoagulants. This is very important when they are assessing your health status and if you require other medications which will need to be compatible with your current medicine regime.