

Travel and Vacation

Travel and Vacation information for Families with Bleeding Disorders

Tips for Traveling

- Be sure you have a current prescription for Factor and Supplies
- Bring along a letter from your Doctor stating your diagnosis, severity and dosing instructions
- If you are traveling in the US, make sure you check with your HTC and find the name of the Center closest to your destination.
- Pack a travel sharps container for proper disposal.
- Carry Factor and Supplies in a special Factor Packer or carry on bag when traveling by bus, train or air. If luggage is delayed, you have your medication with you.
- Carry important contact information with you and give someone a copy of your itinerary.
- Make sure you travel with an adequate supply of medication and also have plenty at home when you return.
- Wear or carry medical information that identifies your condition.
- If your medication needs refrigeration, make sure that you check with the hotel ahead of time. If a refrigerator is not available take cool packs or use a cooler to keep your product at the right temperature.

Be an Advocate for Yourself

- If the situation is not life threatening, treat yourself before you go to the emergency room. You can wait hours for treatment and treating ahead can avoid potential damage to joints or muscles.
- You CAN refuse treatment you do not agree with. You know your body better than anyone. It's okay to ask questions.
- Reach out to other people in the Hemophilia Community. Share your experiences, knowledge and strength. You are part of a "bigger family."
- Support each other!!



Not Everyone Knows What Hemophilia Is

When traveling abroad or to remote areas and anyone in your family needs emergency treatment, make sure to inform them about treatment techniques for people with bleeding disorders.

- You may choose to infuse immediately in order to prevent further damage.
- Do not delay factor. If an x-ray is necessary, administer factor first.
- Intra muscular injections can cause bleeding. Communicate all needed information.
- Make sure you provide information on what types of pain medication you can and cannot use.

Please remember that the above are just suggestions and are not intended to replace any prescribed medical advice. It is helpful if, when you travel, you have a personal technique and treatment plan in writing, from your physician, should an emergency arise.

Be Prepared

When traveling, always expect the unexpected. This is especially true for people with bleeding disorders. Planning ahead can make your trip easier and more enjoyable. Factor may not be readily available at your destination so make sure you have an adequate supply of your prescribed medication for your regular treatment and plenty of supplies too. Don't forget that emergency dose, just in case!!



Important Contact Information

Students Name: _____

Bleeding Disorder Type: _____ Severity: _____

Parent(s) Name: _____

Students Home Address: _____

Home Phone: _____ Parents work phone: _____

Parents Cell: _____

Emergency Contact: _____ Phone: _____

Address: _____ Relation to Student: _____

Emergency Contact: _____ Phone: _____

Address: _____ Relation to Student: _____

Physician's Phone: _____ Nurse Contact: _____

Hospital: _____ Phone: _____

Address: _____

Allergies: _____

Other Comments: _____

