

Important Travel Tips

for Individuals with Bleeding Disorders

Travel should be safe and enjoyable. Here are some important tips to make your travel a success.

General Preparations

- » Always carry a travel letter, which includes your diagnosis, type of medication or clotting factor concentrate used, dosage, and the IHTC's contact information: 877-256-8837.
- » Obtain the contact information of the Hemophilia Treatment Center closest to your travel destination in case of an emergency. This information is available online through the HTC Finder at <http://www.athn.org/htcfinder> or by calling the IHTC.
- » Give yourself plenty of time to gather all supplies needed for the trip. Carry enough supplies in the event that an unforeseen problem impacts your travel.

Preparations for Flying

- » When flying with clotting factor concentrate, be sure to have a prescription from your physician with you. Medications should have their original label attached.
- » Your clotting factor products and supplies need to be in your carry-on luggage to avoid damage or loss.
- » Contact the airline two days prior to travel to be aware of their specific regulations for flying with medication.
- » You can also check with TSA Cares, a hotline created specifically for those with disabilities or medical conditions (1-855-787-2227).
- » The U.S. Department of State has general information related to international travel on their website (travel.state.gov/travel/tips/tips_1232.html). In addition, they have developed the STEP Program, which stands for Smart Travel Enrollment Program. Register your international travel on the STEP website (step.state.gov/step/) so that they can assist you during an emergency.



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