

When you go away for a break or a holiday, please remember to take the following with you:

- Your yellow anticoagulant therapy record booklet.
- Your recent pink appointment sheet.
- An adequate supply of warfarin tablets.

Please let the clinic know your date of leaving and how long you will be away.

For long-distance travel

Avoid sitting still for long periods when travelling by car, train, coach or plane.

In a car

If you are a passenger, there are some exercises you can do while sitting still.

They are the same as the 'in-flight exercises' listed on the back page. You should also ask the driver to stop once an hour so that you can take a brief walk. If this is not possible, such as when you are on the motorways, do the exercises regularly.

On the train

Stretch your legs regularly whilst in your seat. Walk to other carriages at least twice an hour. Do the 'in-flight exercises' listed over the page.

On the coach

On journeys lasting more than an hour, make sure you stand up occasionally. If it is possible to walk in the aisle, do so. If the coach stops for brief periods, take advantage of these breaks and go for a short walk. While sitting, do the 'in-flight exercises' listed over the page. These can help to 'pump' blood around the body effectively.

On a plane

If it is necessary for you to take a long flight, ask your doctor to help you obtain some compression stockings. Wear these just before, during and for 3 days after the flight. **Please note** - the effects of alcohol are increased by cabin pressurisation on an aircraft.

A DVT (Deep Venous Thrombosis) is thought to be caused by sitting still for long periods of time in cramped conditions (known as the 'economy class syndrome'). To counter it, drink plenty of non-alcoholic liquids, and move about the aircraft cabin as often as is safely possible. Some airlines provide information including videos, about which exercises are best for people on an international flight.

In-flight exercises

1. If you are wearing tight shoes, remove them first. Bend your feet upwards.
2. Spread your toes, count to three slowly while you keep them like that.
3. Point your feet downwards and curl your toes under you. Keep them like that for another count of three.

Repeat these exercises every half-hour on a long journey.

For further information and advice

**Contact numbers 020 7288 5390 or 020 7288 3516, (9 am – 5 pm)
Monday to Friday.**



Anticoagulant clinic



Travel advice when taking warfarin

