

Redfish

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Travelling with AFib

Top tips for travelers with AFib

- **Tell your doctor.** It's wise to seek advice from your healthcare professional before setting off on holiday.
- **If you currently take any medications or supplements,** keep them with you when you travel. Take extra doses with you, and be sure to pack them in your carry-on baggage. Should your baggage go missing, you'll at least have your medications and supplements with you.
- **Be prepared for a medical emergency.** Take a list of any medications and supplements you may use in case you lose them. Your healthcare professional may be able to suggest a local physician to contact if needed.
- **Take some time** to research the country you are visiting to ensure they have the medical support you would need in the event of an emergency.
- **If you have an accident,** fall, injure yourself or need emergency surgery, your healthcare team needs to know that you are on a blood thinner.
- **Driving is possible** but if you feel unwell while doing so, you should pull over and seek medical attention.