

Tips for traveling with a bleeding disorder

If you are planning any type of travel, there are some important things to remember.



1. Ensure that you call your local clinic in advance to inform them of your travel plans. Staff will assist in arranging appropriate treatment supplies for you to bring with you. Many countries do not have access to the treatment products that we have in Canada and if they were available they probably would be very expensive. Also, most countries have only limited supplies and would not be expected to use their supply on travelers.

The clinic will supply you with a travel letter, which will be needed for security staff at your port of exit or entry, explaining why you are carrying treatment products, prescribed drugs, needles, syringes etc., and the serious implications of not having them immediately at hand.

2. When traveling by air, ensure you are carrying your own treatment products, treatment equipment, on-board the aircraft as hand baggage. This will allow you to present them quickly to security and customs, if requested. There are risks of loss, breakage, and of temperature variations potentially affecting treatment products if stowed in the aircraft hold. A small gel pack or frozen juice box in an insulated lunch bag is usually acceptable to security to keep your product cool if necessary.

3. Always wear medical identification information and bring your Factor First Card.

4. It is not recommended that you travel alone but in the event that you do, it is important to connect with someone during your travels to inform them of your condition. This will be vital in the event that you are injured and can not speak for yourself.

5. Medical insurance should be checked well in advance of departure. You may need extra time to deal with pre-existing conditions.

6. It is recommended that you do your homework before traveling to identify the nearest Hemophilia Treatment Centre to your destination. This information can be found on [World Federation of Hemophilia](#).

7. If you need treatment while traveling, telephone the treatment centre nearest you, using the numbers listed in the WFH's Passport Directory, before seeking treatment.

8. National hemophilia organizations can also be a source of assistance if needed while traveling.

If you have any questions or concerns, contact your [local Hemophilia centre](#).

- article written by Trudy Sale, RN Southern Alberta Rare Blood and Bleeding Disorders Clinic

Related resources

[Bon Voyage! Traveling with a bleeding disorder \(Canadian Hemophilia Society\)](#)

[Travel tips for bleeding disorder communities \(Hemophilia Federation of America\)](#)