

Traveling on an Anticoagulant

Let the UC Davis Anticoagulation Clinic know when you are traveling and for how long. They will determine if you need to have your blood tested prior or during your travels.

If you do have your blood tested while traveling, please call the UC Davis Anticoagulation Clinic at 916-734-8158, and let them know the name and phone number of the lab you used.

Seek medical attention for any unexplained bleeding that occurs or if you have symptoms of a clot (including but not limited to swelling/redness of leg, shortness of breath, chest pain, and facial drooping/slurred speech).

Recommendations during travel include:

- Bring medication in a carry-on bag – Consider splitting into two containers and keep a separate backup should one get lost or stolen.
- Avoid sitting for long periods
 - o Take short walks every 2-3 hours
 - o Stretch legs in seat area if unable to get up and stretch
- Use properly fitted below the knee graduated compression stockings

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