

Traveler's Checklist

If you have had Deep Vein Thrombosis (DVT), be sure to talk to your doctor before going on a trip where you will be sitting still for more than a few hours.

Whether you will be traveling in a plane, car, or train, there are things you can do to reduce your risk for another blood clot.



Exercise your lower leg regularly. Ankle pumps are a good option when you need to stay seated. Simply move your foot up and down by contracting your calf and shin muscles.

If you are on a plane or train, walk up and down the aisle every hour or so. Be sure it is safe to get up. On a plane, make sure the "Fasten Seat Belt" sign is not on, and that the aisle is clear of working flight attendants.

In addition to walking, you can find a spot to do calf raise exercises - coming up on your toes and back down - to help increase your circulation.



Drink plenty of water to prevent dehydration.



Do not drink alcohol. It can make you drowsy and keep you from moving.



Do not take sleeping medicine. Again, you want to be sure to move frequently. A deep sleep will keep you still for too long a time.



Talk to your doctor about wearing compression stockings during your trip.



Be sure to take a nice walk once you have left the plane, train, or car. This will get your circulation going again.