



# PASSPORT TO SAFETY

*Your Guide to Prevent Travel-Related Blood Clots  
Deep Vein Thrombosis (DVT) or Pulmonary Embolism (PE)*

## Travel more than 4 hours carries more risk, whether by plane, train, car, or bus

Your risk of blood clots with travel is small, but an ounce of prevention is worth a pound of cure! Blood clots can take time to happen after travel, so watch for signs and symptoms of deep vein thrombosis (DVT), a blood clot in your leg, or pulmonary embolism (PE), a blood clot in your lungs. Risk increases with more frequent travel over 4 hours. Travel is great, but you want to prevent blood clots from forming in your legs and traveling to your lungs-this can be deadly in about 1 out of 3 instances.

### PREVENTION

- ★ **Move Your Legs and Feet and Get Out of Your Seat!**
  - Raise your heels with your toes on the floor
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- ★ Get out of your seat and walk every hour or so
- ★ Drink plenty of fluids, especially water
- ★ Avoid alcohol and caffeine
- ★ Wear loose clothing
- ★ Do not cross your legs
- ★ Avoid sleeping pills or long rest periods
- ★ **If you are driving, stop the car and walk around for a few minutes every hour**

### Travel Related Blood Clots: Other Risk Factors

- Older than age 65
- Inherited blood clotting disorder
- Obesity
- Inability to move
- Pregnancy
- Birth control pills, patch, or ring
- Previous DVT or PE (blood clot)
- Hormone replacement therapy

If any of the above risk factors apply to you, talk with your doctor about whether wearing compression stockings during travel or taking a blood-thinner medicine before traveling will help prevent blood clots.

### YES

- ★ Water
- ★ Walk
- ★ Stretch



### NO

- Alcohol
- Caffeine
- Crossed Legs
- Sleeping Pills
- Long Rest Periods



## Be alert to these signs and symptoms:

### DVT - Leg Clot

- Swelling, usually in one leg
- Leg pain or tenderness
- Reddish or bluish skin discoloration
- Leg warm to touch

### PE - Lung Clot

- Sudden shortness of breath
- Chest pain – sharp, stabbing; may get worse with each breath
- Rapid heart rate
- Unexplained cough, sometimes with bloody mucus

**Get medical help right away! For more information go to [www.stopthecлот.org](http://www.stopthecлот.org)**