Checklist for Traveling with Heart Conditions

Heart disease shouldn't prevent most people from traveling whether by car, train or plane. Before your next trip, follow these steps for traveling with a heart condition.





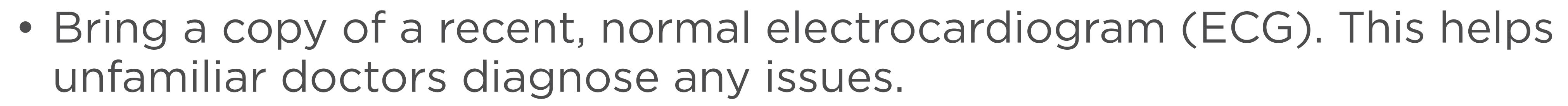
- Consulting with your doctor is always a good first step and can also be an excellent resource for other listed items.
- Make sure all tests and checkups are current.



Prescription Preparation

- Pack enough medication for the entire trip + several days in case of unexpected delays.
- Keep your medication on your person or carry-on bag.
- Bring a detailed list of all medications, dosages and physician's contact info.







- Request a pat-down TSA screening if you have a pacemaker or similar device.
- Walk around every 2 hours to reduce the risk of blood clots from sitting for long periods on a plane (or in a car).
- Compression stockings should be worn when on a plane for >8 hours or 3,100 miles.



- Continue to follow any dietary requirements.
- If the trip will involve lots of walking, build your endurance before leaving.
- Know your symptoms and seek help if something doesn't feel right.

Sources

Cleveland Clinic, "Planning to Travel? Don't Let Heart Disease Stop You"

American Heart Association, "Travel and Heart Disease"

Adult Congenital Heart Association, "Traveling with Congenital Heart Disease"





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