

## Travel Advice and Assessment before Vitallife Care

### Section I: Traveling by Air

- **In general**, if you have the below conditions; it is prohibited to travel by air
  - Have passed 36 weeks of pregnancy (or 32 weeks if you are carrying twins, triplets, etc.).
  - Have a recent heart attack or stroke. Or any type of surgery, especially stomach, brain, eye, orthopedic (bone and joint) surgery including stomach, eye, or head injury. Please check with your doctor to see when it is safe for you to travel.
  - Have an implanted cardiac device such as pacemakers, cardiac resynchronization therapy (CRT) devices and implantable cardioverter defibrillators (ICD); please check with your doctor before travelling by air. Don't forget to carry your personal device identification card with you at all times.
  - Have flu-like symptoms with or without tuberculosis like symptoms such as prolonged cough, weight loss, night sweat, fatigue, fever, and chest pain for more than 2 weeks. We strongly advise you to not travel at this stage, and for them to continue treatment with their current care team until his symptoms have resolved completely.
  - Are suffering from the below signs and symptoms, please check with your doctor to see when it is safe for you to travel.
    - Chest pain.
    - Any disease that you can easily spread to other people.
    - Severe sinus, ear, or nose infections.
    - Breathlessness at rest, difficult breathing.
    - Psychotic illness except when fully controlled.
    - A fever of 100 degrees Fahrenheit (38 degrees Celsius) or greater.
    - Skin rash
    - Confusion
    - Bruising or bleeding (without previous injury)
    - Diarrhea that does not go away.
    - Vomiting that does not go away (other than motion sickness).
- **During the flight:**
  - Keep all of your medications in your hand luggage.
  - Drink plenty of water to help prevent dehydration and to help loosen your sputum and allow you to keep your chest clear from low humidity levels in air cabin.

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- During a long-distance flight of 4 hours or longer (Also see <https://www.cdc.gov/ncbddd/dvt/travel.html>, deep vein thrombosis can occur as a result of this inactivity; make sure you get up and walk about regularly when permitted by the staff on the aircraft. Bend and stretch your legs and wiggle your feet at regular intervals (for example, every 30 minutes) to encourage your circulation.
  - If you have a higher risk of developing deep vein thrombosis, your doctor can help you work out what measures you may need to take prior to flying. This may include graduated compression stockings, aspirin, or anticoagulants.
- If you will need oxygen during the flight, this must be requested in advance. A Medical Information Form, stating your current clinical condition and the reason for oxygen requirement, must be filled out and submitted to the airlines. It may take 3-5 working days to process and subjected to the airlines approval.

### Section II: Pre Ablative Procedure Preparation

- Please inform your doctor before the procedure if you have an existing medical condition for which you are taking medication and/or you have undergone any previous surgeries.
- If you are taking anticoagulants like aspirin, Persantin®, Ticlid®, Plavix®, warfarin, Orfarin®, heparin, and Fraxiparine®, herbal supplements, and vitamins, especially vitamin E, stop these medications/supplements at least one week before the procedure or as recommended by your doctor.
- If you smoke and drink alcohol regularly, please stop for at least one week before the procedure to reduce the chances of complications.
- Please inform your physician of any underlying diseases: cardiovascular disease/diabetes/high blood pressure/asthma/cancer/or allergic to any medications.

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## Section III: Travel Risk Assessment

	Before going to Vitallife Clinic	
	Yes	No
<b>Deep Vein Thrombosis</b>		
Tenderness or swelling of leg?		
Prior deep vein thrombosis or pulmonary embolism?		
Cancer treatment within last 6 months?		
Bedridden, Paralysis or cast of lower extremity?		
Major surgery or hip / knee joint replacement surgery in last 12 weeks?		
<b>Cardiovascular Problems</b>		
Uncomplicated myocardial infarction within 7 days?		
Complicated myocardial infarction within 4-6 weeks?		
Unstable angina?		
Decompensated congestive cardiac failure?		
Uncontrolled hypertension?		
Coronary artery bypasses graft within 10 days?		
Cerebrovascular accident within 3 days?		
Uncontrolled cardiac arrhythmia?		
Severe symptomatic valvular heart disease?		
Uncomplicated percutaneous coronary interventions (e.g. angioplasty with stent placement) within 5 days?		
<b>Infection</b>		
Do you have any of these following symptoms?		
- Cough		
- Fever		
- Runny nose		
- Diarrhea		
- Rash		
Have you contacted closely with anyone with those symptoms or tuberculosis or diphtheria or any other diseases?		
Have you has any past medical history of drug-resistant infection?		

Last reviewed in October 2021