

Travelling with a bleeding disorder in the UK and abroad

Information for patients and parents from the Haemophilia Centre

If you are thinking of going away it is really important to plan your trip carefully, even if you are travelling in the UK. You will need to consider the following important things.

What do I need to consider when travelling in the UK?

- It is essential that, even if you are only travelling in the UK, you **take treatment with you**. Make sure you have enough to cover any bleeding problems that might need extra treatment on top of your usual prophylaxis (if you or your child is having regular treatment).
- Make sure you take you or your child's **Bleeding Status Card** with you, in case you need to be in contact with a healthcare provider whilst you are away.
- **If you need help, contact the Haemophilia Centre as normal**. We will then be able to coordinate with the hospital where you are visiting.

What if I need to find a Haemophilia Centre near where I am staying in the UK?

The United Kingdom Haemophilia Centres Doctors' Organisation (UKHCDO) website www.ukhcdo.org/haemophiliacentresa-c/ provides an A-Z list of all the haemophilia centres in the UK.

It is worth noting there is a difference between the Haemophilia Centres (HCC) and the Comprehensive Care Centres (CCC). The HCC's do not provide you with the same level of care as a CCC.



What if I am travelling in Europe or worldwide?

If you are planning to go abroad, we can help you find where the nearest haemophilia centre is before you go. You can also contact the Haemophilia Centre at Kent and Canterbury Hospital if you have any problems while you are away.

- When **travelling in Europe** you can find your nearest haemophilia centre using the following website www.euhanet.org/centrelocator
- When **travelling worldwide** use the World Federation of Hemophilia directory, available through their website www.wfh.org/en/resources-education/treatment-centre-directory

What things do I need to think about before travelling?

- If you use a travel agent, you should make sure you tell them of your bleeding disorder when you book your holiday.
- Make sure that your travel insurance covers your pre-existing medical condition.
- Make sure you have enough supplies of treatment and any other medical supplies you may need.
- Ask the Haemophilia Centre for a letter to show to:
 - **overseas medical personnel**, telling them about your condition
 - **airlines**, to make sure you can carry your factor and kit with you as hand luggage; and
 - **customs**, to explain why you are carrying supplies such as factor, needles, and syringes. In some countries, failure to do this could not just result in loss of your factor; but it could land you in prison.

Further information

If you have any further questions or concerns before you travel, please speak to a member of staff in the Haemophilia Centre.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation