



Heart Valve
Voice US



Safe and Stress-Free Travel with Heart Valve Disease

Having heart valve disease doesn't mean you have to stay home. Whether you're flying, taking a train, or going on a road trip, you can still enjoy traveling with a few simple steps to stay safe and feel confident. Use this resource as a guide to help you travel safely and comfortably with your heart medication.



Talk to Your Doctor Before You Go

Before your trip, schedule a visit with your cardiologist. Let them know about your travel plans and talk about any recent changes in how you've been feeling. Your care team can provide personalized recommendations to help you stay healthy and safe while you're away.

Pack Extra Medication

Always bring enough medication for your entire trip – plus a few extra days in case your plans change or get delayed. Keep medications in your carry-on bag so they're always with you.



Helpful Information to Carry When Traveling

Make sure to bring a list of your current medications, contact information of your doctor, health insurance details, and a brief summary of your heart valve condition. Having these items on hand can help ensure you get the right care in case of an emergency.

Know Where to Get Help

Before you travel, take a moment to look up nearby hospitals or urgent care centers at your destination – just in case you need care while you're away. If you're traveling internationally, consider getting travel insurance that covers heart-related care for extra piece of mind.





Storing Your Heart Medication Safely While Traveling

When you're on the go, it's important to protect your heart medication from extreme temperatures. If your medication needs to be kept cool, consider using an insulated bag to maintain the right conditions. Whenever possible, keep it with you in a temperature-controlled environment to ensure it stays safe and effective.

Security Screening

You're allowed to bring medications in pill, liquid, or injectable form when flying. Be sure to let security staff know if you have syringes or medical devices. Carrying a note from your doctor can help make the process smoother.



Liquid Restrictions

Most medications aren't affected by the liquid rules at airport security – but let the officers know you have them.

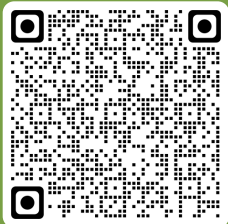
Stay Hydrated

Drink water regularly during your travels to stay hydrated. Try to limit caffeine and alcohol, as they can affect how your medications work.



Minimize Your Risk of Clots

Long periods of sitting while traveling can increase the risk of blood clots, especially if you are on blood thinners or other heart medications. Try to walk and stretch regularly to reduce your risk.



With a little planning, you can travel safely and comfortably with heart valve disease. Use your smartphone to scan the QR code for additional heart valve disease resources.

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