

## How can I lower my risk for a Deep Vein Thrombosis or Pulmonary Embolism (DVT/PE) (blood clots)?

- Commonly caused by decreased movement and dehydration
- Stay hydrated; Stand up every 1-2 hours; Ankle pumps and leg extensions
- Wear compression stockings
- Make sure to take your prescribed medications
- Do frequent pressure relief

## What should I pack?

- |  |   |
|--|---|
| <input type="checkbox"/> Extra medications (in case of delayed return) | <input type="checkbox"/> All necessary equipment for bathroom use |
| <input type="checkbox"/> All necessary equipment for mobility          | <input type="checkbox"/> Blood pressure cuff                      |
|  | <input type="checkbox"/> Printed trip itinerary                   |
|  | <input type="checkbox"/> Doctor contact info                      |

## If traveling by plane:

- Call ahead to notify the airport of assistance required
- Book your flight for an average time of day with plenty of time in your layovers
- Pack all medications in a carry-on bag, and pack extra
- Your wheelchair can go all the way to the terminal, and will then be stored below
- Take all detachable pieces (Cushion, leg rests, etc.) onto the plane

## If traveling by car:

- Plan to stop every 1-2 hours to get out of the car and move
- Plan out rest stops before your departure

## If traveling by train (Amtrack):

- Make your reservation as far in advance as possible
- Call an agent to reserve accessible rooms

- You must transfer into a standard seat if you use a collapsible wheelchair
- 15% discount available for companions traveling with a person who needs assistance

### **If traveling by cruise ship:**

- Consider booking through a travel agent who specializes in accessible travel
- Special Needs at Sea provides hospital beds, portable oxygen, mobility aides such as scooters, bathing equipment, and much more delivered directly to your cruise ship

### **Beach access**

- Most public beaches have beach wheelchairs present at their welcome kiosk or lifeguard station, call ahead to reserve if possible
- Ask about Mobi-Mats for even easier beach access when walking with a walker, cane, or using a standard wheelchair

### **Websites and resources**

- **Train:** Amtrak *Accessible Travel Requests:*  
[www.amtrak.com/accessible-travel-request](http://www.amtrak.com/accessible-travel-request) (800) 872-7245
- **Plane:** Disabled World Travel: *Accessible Disability Travel Information:*  
[www.disabled-world.com/travel/](http://www.disabled-world.com/travel/)
  - For a list of each airline's accessibility policies: (734) 921-9300
  - Delta Airline's Disability Liaison for Detroit Airport: (800) 984-8935
- **Cruise:** Special Needs Group *Cruise Accessibility:*  
[www.specialneedsatsea.com/cruise-accessibility/](http://www.specialneedsatsea.com/cruise-accessibility/) (To rent medical equipment and see each cruise line's accessibility)
- **Car:** USA Rest Stops App- for iPhone or Android

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