



# Travel Tips for Patients & Families with Haemophilia

Essential guidance for safe and comfortable journeys

# Introduction and Purpose

# Why travel preparation matters for haemophilia



## •Importance of Planning

- Careful travel planning ensures access to treatment and reduces risks associated with haemophilia during trips.

## •Challenges in Healthcare Access

- Treatment products may be limited or restricted abroad, so carrying adequate supplies is essential for safety.

## •Building Confidence and Independence

- Preparation empowers families to manage emergencies calmly and enjoy travel with less anxiety.

# Learning Objectives and Key Messages

# What patients and families should gain from this guide



## **Early Travel Planning**

Planning with healthcare teams weeks before travel helps prevent complications and ensures sufficient medication supply.

## **Documentation and Communication**

Carrying essential documents and explaining treatment needs eases airport and medical interactions.

## **Emergency Preparedness**

Recognizing urgent symptoms and sharing emergency plans ensures timely care during travel.

## **Reassurance and Confidence**

With proper preparation, travel is safe and achievable, promoting quality of life for patients and families.

# Planning Before You Travel



# Essential Travel Documents

# Medical letters, records, and emergency contacts



NATIONAL HAEMOPHILIA REGISTRY  
MINISTRY OF HEALTH

C/O HAEMOPHILIA TREATMENT CLINIC  
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SINGAPORE GENERAL HOSPITAL  
OUTRAM ROAD, SINGAPORE 169608  
TEL: 63213844 FAX: 65883552

Tel: (65) 6222 3322  
Fax: (65) 6224 9221  
Singapore General Hospital  
Outram Road  
Singapore 169608  
www.sgh.com.sg  
Reg No 198703907Z

To: Whom it may concern

Date:

Re:

This is to certify that the above mentioned is a known case of Hemophilia A who requires regular infusion of Factor VIII.

While travelling overseas, the patient will need to carry the necessary bottles of Factor VIII concentrates with infusion needles and syringes for intravenous administration of the concentrates.

Please feel free to contact us at +65-6321 3844, Haemophilia Clinic, Singapore General Hospital, during office hours (0800- 1700 hours) for further clarification.

Thank you.

## Essential Medical Documents

Travel letters and prescriptions clearly state diagnosis, treatment and the necessity of carrying factor/non-factor products and related supplies to avoid security delays or confiscation during airport security screening.

# Medical letters, records, and emergency contacts

**5 IMPORTANT HELPLINES TO REMEMBER**


- International Emergency Number - 112
- Malaysia Emergency Responses Services (Medical, Fire, Police, Civil Defense) - 999
- Befrienders KL - 03-7627 2929
- St.John's Ambulance - 03-9285-1576
- Red Crescent Society - 03-21418227



**EMERGENCY PHONE NUMBERS**

MEDICAL EMERGENCY 119	IMMIGRATION 1345
POLICE DEPARTMENT 112	MISSING PERSONS 182
FIRE DEPARTMENT 119	STOLEN VEHICLES 182
KOREA CDC 1339	GOVERNMENT CALL CTR. 110

**Republic of Korea**

<p>Japan</p>  <p>Police</p> <p>☎ 110</p>	 <p>Ambulance</p> <p>☎ 119</p>	 <p>Fire Dept.</p> <p>☎ 119</p>
 <p>Child Abuse</p> <p>☎ 189</p>	 <p>Non-Emergency Medical</p> <p>☎ #7119</p>	 <p>Coast Guard</p> <p>☎ 118</p>

## Essential Medical Documents

Travel letters and prescriptions clearly state diagnosis and treatment to avoid security delays and aid care.

## Accessible Emergency Contacts

Emergency contact details including healthcare team and family should be saved and easily accessible during travel.

Identify hospitals/haemophilia treatment centres near your destination and save the information.

# Medical letters, records, and emergency contacts

haemophilia

혈우병

hyeol-ubyeong

Thai

โรคฮีโมฟีเลีย เอ

Rokh hī mo fī leīy xe

mild haemophilia A

轻型血友病A

Qīngxíng xiě yǒu bìng A

prophylaxis treatment

điều trị dự phòng

预防性治疗

Yùfáng xìng zhìliáo

예방 치료

yebang chilyo

factor 9

因子9

Yīnzǐ 9

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## International Travel Preparedness

Translated medical documents help reduce misunderstandings and ensure appropriate care in non-English speaking countries.

# Packing Treatment and Supplies

# What to pack and where to pack it



## •Carry-on Medical Supplies

- Always pack essential treatment products in carry-on luggage to avoid loss or damage.

## •Comprehensive Treatment Items

- Include all necessary items like treatments, syringes, butterfly-needles and extra doses.

## •Labeling and Organization

- Label medications clearly and organize supplies in separate pouches for easy access.

## •Assigning Responsibilities

- Designate who carries and monitors supplies to ensure accountability during travel.

# Medication Storage and Temperature Control

# Protecting treatment effectiveness while travelling



## Proper Medication Storage

Correct storage conditions are critical to maintain haemophilia treatment effectiveness during travel.

## Handling Refrigeration on the Go

Use coolers and monitor temperature carefully to avoid freezing or heat exposure during transport.

## Safe Hotel Refrigerator Use

Check fridge settings and place medication centrally to prevent freezing from hotel refrigerators.

## Medication During Flights

Keep medication in the cabin to avoid temperature changes in cargo holds during air travel.

# Airports and Border Control

# Navigating security screening with confidence



## **Preparation and Early Arrival**

Arrive early to allow extra time for security screening and keep medications in original packaging.

## **Clear Communication**

Proactively declare medications and have travel letters and prescriptions accessible for verification.

## **Onboard Medication Safety**

Keep treatment supplies within easy reach and never separate essential medication from the patient.

# Accessing Care at Your Destination

# Knowing where to get help away from home



## **Identify Healthcare Facilities**

Families should find hospitals and treatment centres near their destination prior to travel and save contact details for emergencies.

## **Carry Treatment Supply**

Patients must carry their own factor concentrates as local availability may be limited or expensive.

## **Coordinate with Care Team**

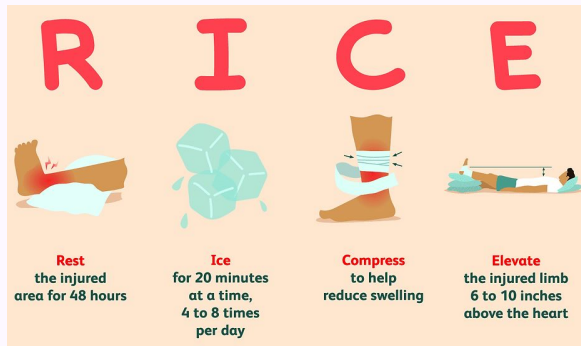
Share travel plans with home healthcare team to get guidance and facilitate communication with local centres.

## **Emergency Preparedness**

Inform travel companions about emergency plans and ensure readiness to assist in urgent situations.

# Managing Bleeds and Emergencies

# Responding promptly to injuries or bleeding



## Early Recognition and Treatment

Recognize bleeds promptly and start treatment immediately to prevent symptom worsening.

## Supportive Care Measures

Use rest, ice, compression, and elevation to support bleeding control and reduce complications.

## Urgent Medical Attention

Seek emergency care immediately for serious symptoms such as head injuries or uncontrolled bleeding.

## Clear Communication with Providers

Clearly convey diagnosis and treatment history to healthcare providers for timely care.

# Special Considerations for Children and Families

# Activities, supervision, and shared responsibility



## •Planning and Activity Safety

- Discuss activity choices with healthcare team and use protective equipment to ensure child safety during travel.

## •Informed Supervision (for school trips/group travel)

- Responsible adults should be discreetly informed about the child's condition and emergency plan during group travel.

## •Self-Advocacy for Children

- Teach children to explain their condition and seek help, fostering confidence and safety.

## •Shared Family Responsibilities

- Divide caregiving tasks and prepare digital backups to reduce stress and improve travel coordination.
- Flexible itineraries can further reduce stress.

# Checklists, Emergency Cards, and Resources

# Practical tools to support safe travel

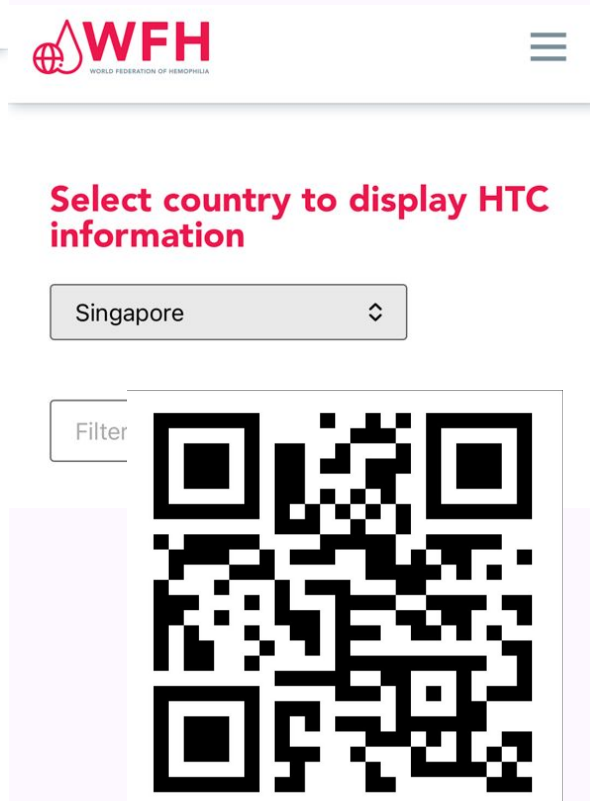


**Find local support**

For individuals seeking to contact one of our national member organizations (NMO) or a hemophilia treatment centre (HTC), we invite you to consult our global directory below.

**FIND LOCAL SUPPORT**


- National Member Organizations
- Hemophilia Treatment Centres
- Tips for travelers with bleeding disorders



**Select country to display HTC information**

Singapore

Filter



<https://wfh.org/find-local-support/#Tips>

## •Pre-travel Checklists

- Checklists help families confirm essential travel preparations, reducing the risk of forgetting important items before departure.

## •Emergency Medical Record/Cards

- Emergency records/cards contain critical patient information, ensuring quick communication of medical needs during travel emergencies.

## •Reliable Information Resources

- International and local organizations provide travel guidance, treatment directories, and personalized support for safer travel.

## Pre-Travel Checklist for Haemophilia Patients

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### Medical Preparation

- Review with haematologist (4–6 weeks before travel)
- Confirm treatment plan (prophylaxis/on-demand)
- Discuss dosing adjustments and travel risks
- Ensure vaccinations (if required)



### Essential Documents

- Doctor's letter (diagnosis, treatment, supplies needed)
- Treatment plan / dosing protocol
- Medical ID (bracelet/card)
- Emergency contacts (HTC, doctor)
- Travel insurance (pre-existing condition covered)
- Medication list

### Medication & Supplies

- Factor concentrates (full trip + extra)
- Syringes & infusion sets
- Alcohol swabs
- Tourniquet
- Adhesive bandage (handy plaster)
- Sharps container
- Pain medication (as prescribed)
- Antifibrinolytics (if prescribed)

### Storage & Transport

- Pack in carry-on luggage
- Use insulated bag if needed
- Keep in original packaging
- Check airline/security rules

### Destination Planning

- Identify nearest hospital/HTC
- Save contacts & locations offline
- Check availability of factor at destination
- Know local emergency numbers

### Travel Insurance

- Covers haemophilia care
- Includes hospitalisation & evacuation

### During Travel

- Stay hydrated
- Move/stretch regularly
- Protect joints (supports if needed)
- Avoid high-risk activities

### Emergency Preparedness

- Carry emergency info at all times
- Recognise bleeding signs
- Be ready for self-infusion (if trained)
- Inform travel companions

### Final Check

- Medications packed (extra supply)
- Documents printed + digital backup
- Insurance details accessible
- Emergency plan reviewed

Thank You

