CRUISING AFTER CLOTS

BEFORE YOUR LEAVE

- [ ] Talk with your doctor
- [ ] Notes: _____
- [ ] Refill your prescriptions
- [ ] If taking warfarin, ensure your INR is in range
- [ ] Consider special arrangements: Travel insurance, flight or car accommodations/seats, disability services on board, book excursions/tours, etc.

WHAT TO BRING

- [ ] Pack your medications to carry with you at all times (don't pack them away!) - and a few days extra in case you are delayed along the way.
- [ ] Water bottle, phone charger, camera, book, etc.
- [ ] Comfortable clothes and shoes, versatile scarf or wrap, band-aids and bleeding supplies, sea sickness bands or meds.

ON BOARD THE SHIP

- [ ] Locate the infirmary/hospital on board.
- [ ] Familiarize yourself with safety procedures.
- [ ] Visit the dining venues and browse spread/menus.
- [ ] Take a daily walk.

AFTER YOU RETURN HOME

- [ ] Take a day to relax/recoup.
- [ ] If taking warfarin, have it re-checked or contact your doctor with concerns.
- [ ] Hydrate and eat well.

BLOOD CLOT RECOVERY NETWORK

www.BloodClotRecovery.net