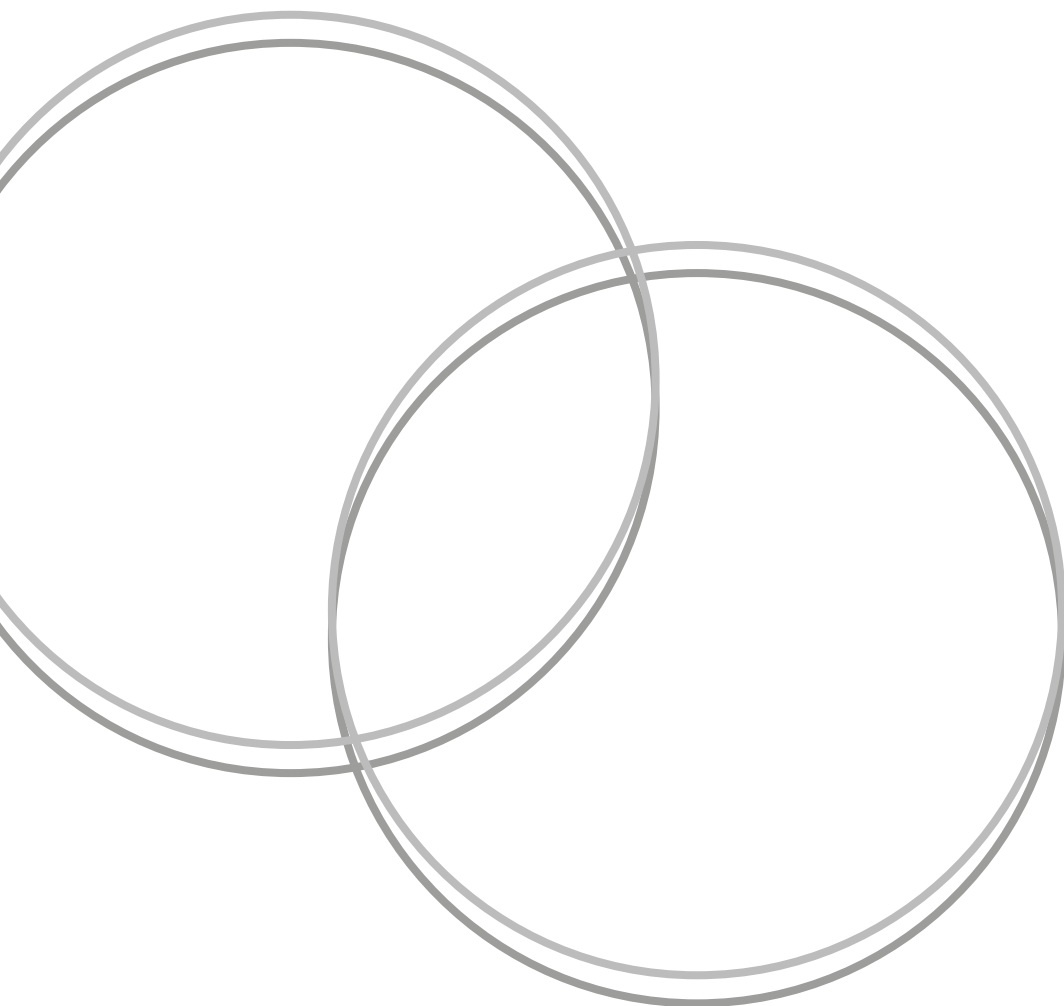


# Travelling and Thrombosis risk

**Information for patients**



If you are on any continuous long distance journey lasting more than 4-6 hours, there is a small risk of developing a thrombosis.

A DVT (deep vein thrombosis) is a blood clot (thrombus) which blocks the blood flow in one or more of the veins in your leg.

A PE (pulmonary embolism) is a blood clot which blocks the blood flow in one or more of the vessels in your lungs.

The name for DVT, PE, or any other type of blood clot, is venous thromboembolism (VTE).

The risk of developing a DVT or PE increases as you get older. Other factors that may mean you are at increased risk are:

- previous DVT or PE
- pregnancy/postpartum (after childbirth)
- cancer
- thrombophilia disorders
- recent major surgery
- hormone therapy (contraceptive pill/ hormone replacement therapy – HRT)
- being significantly overweight (obese)
- family history of VTE in a close relative
- immobility.

There is also an increased risk from continuous long distance travel in cramped positions, which often happens with air travel.

**If you are taking warfarin at the time of your journey you should be well protected against developing a DVT, as long as your INR (which measures how long your blood takes to clot when taking warfarin) is at the right level.**

More information about the INR can be found in the yellow leaflet 'Important information for patients on anticoagulation with vitamin K antagonists'. You can get this leaflet from the DVT Clinic or Anticoagulation Service if you are taking warfarin.

If you are taking an alternative anticoagulant drug, such as apixaban, dabigatran, edoxaban or rivaroxaban at the time of your journey, you should also be well protected, as long as you continue to take your tablets regularly, as prescribed.

## **How can I reduce the risk of developing a DVT?**

- Do not sit for long periods and avoid crossing your legs. Make frequent changes of position, such as taking a walk.
- Do not take sleeping tablets or drink excessive alcohol, as this may also mean you remain in one position for a long period of time.
- Regularly bend and rotate your ankles. This will make your calf muscles contract, which will help your circulation. Deep breathing exercises will also help with circulation.
- Wear flight socks. These can be bought from a chemist or at the airport. Make sure the socks are the right size and fit properly (follow the manufacturer's instructions).
- Ensure you stay hydrated.

Aspirin has not been proven to be effective in reducing the risk of developing a clot while travelling.

Additional information if you have been diagnosed with a DVT (now or in the past).

If you have recently been diagnosed with a DVT in the past and are concerned about travelling, you should discuss this with your GP.

If you have recently been diagnosed with a DVT or PE, you should not travel by air within two weeks of diagnosis.

## **What symptoms should I look out for?**

If you experience any of the following symptoms, please seek urgent medical attention as soon as possible:

- pain, swelling or redness in your legs, especially in your calves
- chest pain
- shortness of breath

## **Where can I find more information?**

For more information you can contact your GP. If you are taking an anticoagulant (like warfarin) you can contact your Anticoagulation Service for advice.

# VTE Prevention app

You can now download 'Let's Talk Clots' for FREE from the app store. It provides valuable information on blood clots and offers guidance on reducing the risk of developing one.

DOWNLOAD OUR NEW APP

LET'S TALK CLOTS

A **FREE** comprehensive one-stop shop for medically approved patient information about blood clots.

What is a blood clot?

Diagnosis, treatment & help

Recovery, what about... & FAQ

DOWNLOAD THE APP

or learn more at <https://ltc-app.vfairs.com>

Developed in collaboration with Oxford University Hospitals and UK healthcare and allied professionals and patient advocates

Thrombosis UK is a registered charity in England: 1090240

Oxford University Hospitals  
NHS Foundation Trust

[www.thrombosisuk.org](http://www.thrombosisuk.org)



## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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