



CONGENITAL HEART DISEASE TRAVEL FOR YOUNG PEOPLE



Whether you're dreaming of a trip to the Eiffel Tower, sipping a drink by the pool in Bali or exploring Disneyland, travel is an exciting and fun part of life.

Your congenital/childhood heart disease should not be a barrier to seeing the world. Travelling with a health condition might mean you have some extra considerations and planning to do prior. Any successful holiday involves some planning, so while you jot down the ancient ruins, shopping strips or beaches you're keen to explore also consider:

Travel checklist

Investigate and plan

- Organise quality travel insurance that covers my pre-existing conditions? (see Heartkids Travel Insurance Info Sheet)
- Create a note or list of health services at your destination/s
- Take photos of scripts and medications/lists – who can you talk to at your destination if you lose them and need specialist medical advice?

Medications - Speak to medical team

- Arrange my medications – is this enough for the whole trip – factor in a 24-48-hour delay?
- Arrange a medical certificate to take my medications – on the plane, ship, overseas with me – this is especially important for sharps on a plane/some travellers may require additional oxygen.
- Warfarin alert: where/how can I get my INR checked and who will advise me what dose to take?
- If my medication is lost – how can I get replacements at my destination?
- What vaccinations are recommended for my destination?

Discuss your travel plans with your medical team

- Are there any tips you can provide for keeping well during the flight and trip?
- Do I need a plan in place just in case something happens overseas – can you write it down for me?
- Do I need to let the airline know anything before I travel?

It is important to discuss your travel plans with your medical team. They will advise what you need and help ensure you are well prepared – this will help you feel organised so that you can have the best trip possible. And finally, don't forget your passport!

Where can I go for further help?

People with congenital heart disease face unique challenges, treatment and often repeated surgeries for their entire lives, and support is critical at every stage of the journey – from when congenital heart disease is diagnosed through childhood, the teenage years and into adulthood.

HeartKids is the only national charity dedicated to supporting Australians of all ages impacted by congenital heart disease, the leading cause of infant death in Australia and a complex chronic disease requiring lifelong treatment.

HeartKids provides
lifelong support for heart kids
and their families



For over forty years, HeartKids has provided timely support to infants, young people and adults living with congenital heart disease all across Australia. We also fund life-saving research, provide reliable and evidence-based information and advocate for the needs of impacted families.

Our support is a commitment for life.



Medtronic Australasia has supported the development of this factsheet for educational purposes, with no influence on the clinical content.

All HeartKids Ltd information is endorsed by our Clinical Advisory Committee.
HeartKids information does not replace professional medical advice.
People should ask their doctor any questions about diagnosis and treatment.
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