



Air Travel Instructions -

- Allow for extra time between connecting flights and for security clearance.
- If on medications, carry labeled bottles with you and use light carry-on baggage; your doctor may advise that you take a copy of your medical history, and an electrocardiogram.
- If traveling to high altitudes (>2000-3000 meters, or >6500- 10,000 feet) symptoms of acute mountain sickness start within 2 to 3 hours after ascent and include headache, lightheadedness, sleeplessness, mental and physical fatigue, breathlessness, poor appetite and nausea. The condition is generally self-limiting and resolves after 2 to 3 days, but you should call your doctor for advice. For headache, your doctor may advise aspirin, acetaminophen or ibuprofen, and for severe symptoms he may advise oxygen, descent to lower altitudes, and acetazolamide (contains sulfonamide) 250 mg 3 times a day or dexamethasone 2 to 4 mg 4 times a day for 2 to 3 days; your doctor may prescribe acetazolamide 250 mg twice a day starting day before ascent.
- If traveling to very high altitudes (>3000 meters or 10,000 feet) symptoms of cough, breathlessness, frothy or blood tinged sputum that typically occurs 2 to 4 days after ascent may indicate acute pulmonary edema. Immediately notify your doctor who may advise oxygen, descent to lower altitudes, and slow-release nifedipine 20 mg every 6 to 12 hours, salmeterol, or sildenafil (Viagra). Cerebral edema is a serious condition that manifests by confusion, loss of balance, mood changes, hallucination and coma.
- If on warfarin (Coumadin, Jantoven), carry a lab order or script for PT/NR, and call the doctor's office for results within 24 to 48 hours after your labs have been drawn. Best days for lab drawing are Mondays, Tuesdays and Wednesday, to avoid calls on weekends.

Countryside Office
1840 Mease Drive
Suite 200 & 300
Safety Harbor, FL. 34695
727-724-8611
727-724-0425 FAX

Dunedin Office
646 Virginia Street
Suite 200
Dunedin, FL. 34698
727-734-6533
727-734-6654 FAX

Clearwater Office
455 Pinellas Street
Suite 310
Clearwater, FL. 33756
727-441-8200
727-449-2577 FAX

Trinity Office
2102 Trinity Oaks Boulevard
Suite 202
Trinity, FL. 34655
727-372-4100
727-376-1723 FAX

Largo Office
1345 West Bay Drive
Suite 101
Largo, FL. 33770
727-581-3550
727-586-6190 FAX

Air Travel Instructions -

- If age >50 years, or have risk factors for venous thrombosis (prior deep vein thrombosis, coagulation disorder, obesity or severely limited mobility, major surgery within 6 weeks, heart failure with left ventricular ejection fraction <20%, malignant condition within the previous 2 years or large varicose veins), your doctor may advise that you reserve an aisle seat, wear no constrictive clothing, avoid alcoholic beverages, avoid dehydration, and walk in aisle as much as allowable. When traveling >5000 kilometers (3100 miles) or >8 hours and if age >50 years, or have risk factors for venous thrombosis your doctor may advise wearing below-the-knee compression stockings.
- For cardiac patients: Your doctor may allow air travel 2 weeks after stable myocardial infarction or coronary angioplasty/stent, and 3 weeks after stable coronary bypass surgery; and after control of unstable angina, heart failure and arrhythmias.
- For patients who have a pacemaker or implantable defibrillator: Carry a card identifying the device and contact numbers and Web sites of representatives in destination state or country. During security clearance, request a hand search; if a handheld metal detector must be used, do not hold the magnet over the device for more than a few seconds, and wait at least 30 seconds between passes.
- For diabetic patients: Carry equipment for blood sugar testing (glucose monitor, test strips, lancets, and all diabetic medications and glucose tablets or acceptable substitutes). If on insulin, carry insulin syringes, insulin and glucagon emergency kit. If on insulin pump, do wear it at all times.
- For hemodialysis patients: Obtain a list of dialysis centers and physician orders for dialysis.
- For foreign travel contact the Center for Disease Control and Prevention Web site (www.cdc.gov/travel) regarding updating immunization, travelers' diarrhea, and other diseases found in your destination.