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Inherited Bleeding Disorders (IBD) Team

**Travel Advice for those with an IBD**

Information for Parents and Carers

**Travel advice when you have an inherited bleeding disorder (IBD)**

We want to help to make your travel plans as straight forward as possible so please let the nurse specialists know of your plans.

**How we can help:**

We will provide you with a clinical letter of introduction which includes an up to date treatment plan. In an emergency this can be taken to the local hospital.

If you are going abroad we will provide a customs letter to cover for carrying medication in your hand luggage

**Travel insurance:**

The Haemophilia Society <https://haemophilia.org.uk/> has information on travel insurance for your child.

**Haemophilia Centres:**

The European Haemophilia Network provides a map showing the Haemophilia Centres in Europe

 [www.euhanet.org/MappedCentres.aspx](http://www.euhanet.org/MappedCentres.aspx)

The World federation of Haemophilia has a directory of haemophilia centres from around the world <https://www.wfh.org/>

**Tips for travel:**

**Please remember to allow extra time at customs**

* Medications should be stored in hand luggage
* Sometimes customs officers have a preference for treatment to be kept in its original packaging, but sometimes they like the liquids to be separated from the factor concentrates. We recommend you keep everything in its original packaging and only remove it at the request of the customs officer
* Remember your holiday letters

Happy travelling!

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child’s treatment.

This information can be made available in other languages and formats if requested.

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