

DVT Information Sheets.

What does DVT stand for?

DVT stands for Deep Vein Thrombosis. Essentially this means a blood clot. People who are travelling overseas on an aircraft will be spending quite a lot of time sitting in the one position while on the aircraft. The risk for developing a blood clot (DVT) increases during a flight, where the person is inactive for a period of time. DVT's can travel in the bloodstream to other areas of the body and cause damage or even death.

How do you prevent DVT?

While travelling on an aircraft Matraville TCA recommends that travelers take the following tips:

- Walk around the aircraft at regular intervals.
- Avoid drinking excessive amounts of alcohol or coffee.
- Do drink plenty of water to keep you hydrated.
- Do foot exercises while you are seated –
 - With both feet flat in front of you flex your toes towards your body and hold for a few seconds.
 - Lift your heels off the ground and point your toes towards the floor of the aircraft.
 - Lift one foot at a time and rotate your foot 5 times clock wise and then anti-clock wise.

Should I take any medication to prevent DVT?

Some literature states that travelers should take aspirin prior to travelling to avoid getting DVT. Matraville TCA does not recommend this action as it could cause other repercussions to the travelers' health. Travelers should take their own medication as directed by their G.P's.

Can I wear compression stockings?

Travelers can wear compression stockings but it does not compensate for lack of walking during the flight. Even with compression stockings travelers should still walk around the aircraft at regular intervals.