

**Practical advice for people flying**  
**The Sixpenny Handley and Chalke Valley Practice**  
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- Risks the main risks are from dehydration and immobility. Long haul flights (>4 hours) are more dangerous than short haul flights.
- Avoid tea, coffee, caffeine, alcohol and gaseous drinks.
- Drink plenty of fresh water. Often easier to take your own bottled water with you.
- Exercise during the flight to keep the blood in your legs flowing. If unable to walk around then move feet back and forth to exercise your calf muscles.
- **Aspirin has not been shown to prevent DVT and is not usually recommended for the prevention of DVT during air travel**
- Wear compression stockings during the flight. These can be purchased in local chemists.
- If you are at very high risk of developing a DVT during a flight please consult your doctor. Occasionally heparin injections may be advised if there are no risk factors to contraindicate this. Please plan this well in advance and note these injections are not covered by an NHS prescription.