

Travel Advice and Assessment before Medical and Surgical Care

Section I : Traveling by Air

In general, if you have the below conditions; it is prohibited to travel by air

- Have passed 36 weeks of pregnancy (or 32 weeks if you are carrying twins, triplets, etc.).
- Have an implanted cardiac device such as pacemakers, cardiac resynchronization therapy (CRT) devices and implantable cardioverter defibrillators (ICD); please check with your doctor before travelling by air. Don't forget to carry your personal device identification card with you at all times.
- Have a recent heart attack or stroke. Or any type of surgery, especially stomach, brain, eye, orthopedic (bone and joint) surgery including stomach, eye, or head injury. Please check with your doctor to see when it is safe for you to travel.
- Have flu-like symptoms with or without tuberculosis like symptoms such as prolonged cough, weight loss, night sweat, fatigue, fever, and chest pain for more than 2 weeks. We strongly advise you to not travel at this stage, and for them to continue treatment with their current care team until his symptoms have resolved completely.
- Are suffering from the below signs and symptoms, please check with your doctor to see when it is safe for you to travel.
 - Any disease that you can easily spread to other people.
 - Severe sinus, ear, or nose infections.
 - Breathlessness at rest, difficult breathing.
 - Skin rash
 - Confusion
 - Chest pain.
 - Psychotic illness except when fully controlled.
 - A fever of 99.5 degrees Fahrenheit (37.5degrees Celsius) or greater.
 - Bruising or bleeding (without previous injury)
 - Vomiting that does not go away (other than motion sickness).
 - Diarrhea that does not go away.

- During the flight:



- Drink plenty of water to help prevent dehydration and to help loosen your sputum and allow you to keep your chest clear from low humidity levels in air cabin
- Keep all of your medications in your hand luggage.
- During a long-distance flight of 4 hours or longer(Also see <https://www.cdc.gov/ncbddd/dvt/travel.html>), deep vein thrombosis can occur as a result of this inactivity; make sure you get up and walk about regularly when permitted by the staff on the aircraft. Bend and stretch your legs and wiggle your feet at regular intervals (for example every 30 minutes) to encourage your circulation.
 - If you have a higher risk of developing deep vein thrombosis, your doctor can help you work out what measures you may need to take prior to flying. This may include graduated compression stockings, aspirin, or anticoagulants.
- If you will need oxygen during the flight, this must be requested in advance. A Medical Information Form, stating your current clinical condition and the reason for oxygen requirement, must be filled out and submitted to the airlines. It may take 3-5 working days to process and subjected to the airlines approval.

Section II: Pre-operative Preparation

- Please inform your doctor before the surgery if you have an existing medical condition for which you are taking medication and/or you have undergone any previous surgeries.
- If you have any underlying diseases: cardiovascular disease / diabetes / high blood pressure / asthma / cancer / or others including any allergic to any medications and any medicines you are taking, current treatment and correlating diagnosis, please inform physician in advance.
- If you are taking anticoagulants like aspirin, Persantin® , Ticlid® , Plavix® , warfarin, Orfarin® , heparin, and Fraxiparine® , herbal supplements, and vitamins, especially vitamin E, stop these medications/supplements at least one week before the surgery or as recommended by your doctor.
- If you smoke and drink alcohol regularly, please stop for at least one week before the surgery to reduce the chances of complications.

Section III : In addition to screening for Covid-19 infection

We would like you to know that You must have a Covid-19 test in your country and must only have a negative result before arriving in the Kingdom of Thailand within 72 hours and come to be tested for Covid-19 at Ratchaphruek Hospital on Day 1, Day 5. And on Day 14 (total 3 sessions) If the



Covid-19 test is negative, the treatment plan and length of stay in the hospital will be equal to or not less than 14 days, depending on the underlying disease and other unpredictable complications

However, if COVID-19 is detected (positive), the infected will be admitted to Khon Kaen Hospital for Covid-19 treatment, which can result in serious complications leading to longer hospital stays and add cost in hospitalization, was inevitable. (Under insurance coverage there may be conditions)

Section IV: Travel Risk Assessment

	Before going to Ratchaphruek Hospital	
	Yes	No
Cardiovascular Problems		
1. Unstable angina?		
2. Uncontrolled cardiac arrhythmia?		
3. Coronary artery bypasses graft within 10 days?		
4. Decompensated congestive cardiac failure?		
5. Severe symptomatic valvular heart disease?		
6. Uncontrolled hypertension?		
7. Complicated myocardial infarction within 4-6 weeks?		
8. Uncomplicated percutaneous coronary interventions (e.g. angioplasty with stent placement) within 5 days?		
9. Cerebrovascular accident within 3 days?		
10. Uncomplicated myocardial infraction within 7 days?		
Infection		
1. Do you have any of these following symptoms?		
- Fever		
- Cough		
- Rash		
- Runny nose		
- Sore throat		
- Headache		
- The nose does not smell		
- decreased taste buds		
- Diarrhea		
- Difficulty breathing		



- Nausea and vomiting		
- Muscle aches		
- Tired		
2. Have you had any past medical history of drug-resistant infection?		
3. Have you contacted closely with anyone with those symptoms or tuberculosis or diphtheria or any other diseases?		
Deep Vein Thrombosis		
1. Major surgery or hip / knee joint replacement surgery in last 12 weeks?		
2. Prior deep vein thrombosis or pulmonary embolism?		
3. Bedridden, Paralysis or cast of lower extremity?		
4. Tenderness or swelling of leg?		
5. Cancer treatment within last 6 months or current palliation?		
Chronic disease and threat		
1. Diabetes mellitus (If a blood glucose test (HbA1C, DTX) is attached)		
2. Chronic obstructive bronchial disease (If available, attach chest x-ray results)		
3. Chronic kidney disease		
4. Obesity (BMI > 40)		
5. Receive an organ transplant.		
6. Have passed 36 weeks of pregnancy (or 32 weeks if you are carrying twins, triplets, etc.).		
7. Children with congenital heart failure		

I have read and understood the text in detail and confirm that all information recorded above is true. Along with understanding of disease or complications which may have exacerbated this increases the length of hospital stay and increases the cost of hospitalization. After being infected with COVID 19, sign or put fingerprints as important

If patient is unable to sign Fingerprint.....Of Patient/ Legal Representative Side..... Date..... Time.....	Signature..... <input type="radio"/> Patient (.....)
	Signature <input type="radio"/> Legal Representative Date..... Time..... Date..... Time.....
	Signature..... Witness (.....)
	Date..... Time.....