



Abbott

**TRAVELING**  
WITH YOUR  
HEARTMATE™  
LEFT VENTRICULAR  
ASSIST DEVICE (LVAD)





# TRAVELING SAFELY WITH THE HEARTMATE™ LVAD

The ability to travel freely can be an important aspect to your quality of life, whether it's going to the neighborhood store or traveling longer distances for a family vacation.

However, this freedom comes with responsibility.

To fully enjoy the freedom of travel, you will need to do it safely with your HeartMate™ LVAD.

## WHAT SHOULD I DISCUSS WITH MY HEALTHCARE PROVIDER IF I AM PLANNING A TRIP?

Be sure to speak with your healthcare provider before making any travel plans. They will advise you if and when you can travel away from your home. Your healthcare provider can also provide you with the appropriate documentation and instruction on how to manage your care while you're away from home.

### Documentation You May Need to Bring With You

- A letter detailing your condition and what to do in case of an emergency
- Written prescriptions for your medications and corresponding instructions
- Instructions on how to get in touch with your healthcare provider while you are traveling
- Health and/or travel insurance provider information and policies

## WHAT DO I NEED TO BRING WITH ME?

### Medication

- Have written prescriptions for all your medications and, if available, locations to fill your prescriptions at your destination.
- When packing, be sure to have enough of your medications for the full duration of your trip, plus an extra 1-week supply. Also, pack at least half of your medications along with the written prescriptions in your carry-on bag, and keep it with you so it's easily accessible at all times.

### Equipment

- To help you travel safely during trips away from home, remember to carry enough fully charged batteries with you at all times.
- Remember that leaving the Power Module unplugged for a prolonged period of time (more than 18 hours) may lead to the internal battery becoming completely discharged and unable to recharge. Talk with your healthcare provider to discuss precautions for avoiding this potential issue.
- Use the checklist for your equipment that has been provided in this brochure for your reference.
- If you will be traveling internationally, talk with your healthcare provider about cords and/or adapters for using electrical power in foreign countries.
- Your HeartMate™ LVAD equipment should be kept with you at all times and must be carried onto a plane as carry-on luggage.

### Documentation and Information

- Create a folder containing your itinerary, important phone numbers, travel letters, patient handbook, alarms guide, etc., and keep it readily accessible in your carry-on luggage.

## ARE THERE SPECIAL CONSIDERATIONS FOR AIR TRAVEL?

It is important to contact the airport and airport security prior to your trip to determine if there are any special procedures to follow or specific items to bring with you.

Body scanners and metal detectors may interfere with your pump and should be avoided. Show the security agent your identity card and request to be searched by hand.

Remember, your HeartMate™ LVAD equipment must remain with you at all times and must be carried onto the plane as carry-on luggage. Rigid-case luggage with foam inserts can help keep your equipment from being damaged during travel.

## WHAT IF I NEED MEDICAL ATTENTION WHILE I'M TRAVELING?

Before you leave, locate the nearest medical facility and ventricular assist device (VAD) center at your destination. If you are driving to your destination, you should locate VAD centers along your travel route. Your healthcare provider should be able to help with this. You can also visit [www.HeartMate.com](http://www.HeartMate.com) to locate VAD centers in your area.

You should also bring a letter about your health status and what to do in case of an emergency. Talk with your healthcare provider about creating this letter for you.

## SHOULD I INFORM OR CONTACT SOMEONE ELSE ABOUT MY TRAVELS?

If you will be traveling out of your local region or internationally, you may want to contact your health insurance or your travel insurance provider since policies may differ depending on where you are traveling.

## TRAVEL CHECKLIST

### ✓ EQUIPMENT

- Power Module or Mobile Power Unit and battery charger
- Backup System Controller
- Battery sets
- Battery clip sets
- All applicable cables
- Stabilization belt or equivalent
- Exit site dressing components
- Wearable accessories (holsters, vests, consolidated bags, etc.)
- Shower kit (if applicable)
- Prescription medications

### ✓ DOCUMENTS

- Written prescriptions for medications and/or international normalized ratio (INR) monitoring
- Patient medical information (provided by physician)
- Emergency contact card with telephone numbers
- Address and contact information for the nearest VAD center at your travel destination
- Address and contact information for the nearest hospital at your travel destination
- Address and contact information for VAD centers/hospitals along your travel route (if applicable)
- Address and contact information for the nearest lab at your travel destination, in case INR monitoring is required
- Address and contact information for a local pharmacy at your travel destination, in case prescription refills are required



**SCAN THE QR CODE**  
to learn more about the HeartMate 3™  
LVAD system components

**Abbott**  
6101 Stoneridge Dr., Pleasanton, CA 94588 USA, Tel: 1 925 847 8600  
[Abbott.com/HeartMate](http://Abbott.com/HeartMate)

**Rx Only**

**Brief Summary:** Prior to using these devices, please review the Instructions for Use for a complete listing of indications, contraindications, warnings, precautions, potential adverse events and directions for use.

**HeartMate 3™ LVAS Indications:** The HeartMate 3™ Left Ventricular Assist System is indicated for providing short- and long-term mechanical circulatory support (e.g., as bridge to transplant or myocardial recovery, or destination therapy) in adult and pediatric patients with advanced refractory left ventricular heart failure and with an appropriate body surface area.

**HeartMate II™ LVAS Indications:** The HeartMate II™ Left Ventricular Assist System is indicated for use as a “bridge to transplantation” for cardiac transplant candidates who are at risk of imminent death from non-reversible left ventricle failure. It is also indicated for use in patients with New York Heart Association (NYHA) Class IIIB or IV end-stage left ventricular failure, who have received optimal medical therapy for at least 45 of the last 60 days, and who are not candidates for cardiac transplantation. The HeartMate II Left Ventricular Assist System is intended for use both inside and outside of the hospital, or for transportation of Left Ventricular Assist Device patients via ground ambulance, airplane, or helicopter.

**HeartMate 3™ and HeartMate II™ LVAS Contraindications:** The HeartMate 3 and HeartMate II Left Ventricular Assist Systems are contraindicated for patients who cannot tolerate, or who are allergic to, anticoagulation therapy.

**HeartMate 3™ and HeartMate II™ LVAS Adverse Events:** Adverse events that may be associated with the use of the HeartMate 3 or HeartMate II Left Ventricular Assist System are listed below: death, bleeding, cardiac arrhythmia, localized infection, right heart failure, respiratory failure, device malfunctions, driveline infection, renal dysfunction, sepsis, stroke, other neurological event (not stroke-related), hepatic dysfunction, psychiatric episode, venous thromboembolism, hypertension, arterial non-central nervous system (CNS) thromboembolism, pericardial fluid collection, pump pocket or pseudo pocket infection, myocardial infarction, wound dehiscence, hemolysis (not associated with suspected device thrombosis) and possible pump thrombosis.

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MAT-2104460 v2.0 | Item approved for U.S. use only.

