Table 3

General recommendations for patients planning an ascent to high altitude

- Be aware of the general precautions to prevent high altitude illness, including symptoms and signs, and how to respond to them
- Expect increased symptoms of cardiovascular disease for a given level of exercise during the first 3-5 days at altitude and make plans to accommodate these
- Do not ascend higher in the face of worsening symptoms
- Be prepared to descend in the case of deteriorating symptoms not responding to simple measures
- Continue regular medication unless advised otherwise and know how to alter doses to manage changes in symptoms
- Remember that an ascent to a remote place may also be remote from good emergency medical care
- Extra precautions about ascent to altitude must be taken if there is any recent illness, particularly upper respiratory tract or chest infections which may precipitate high altitude illnesses