

THE ULTIMATE TRAVEL GUIDE

It can be a very rewarding experience to travel and discover firsthand how you can still do what you want – with a little extra preparation. In this travel guide you will find some tips and tricks that might help you – before and during your vacation.

Before going away

- Buy a travel insurance.
- Order extra products and order well in advance, so that you are sure that you have them on time.
- Divide your supplies in different bags, in case your luggage is lost or the flight is delayed.
- Note the name of your product(s) on the travel certificate and/or Coloplast around the world – taking a picture of them may also be a good idea.

Pack a smart kit

Pack a smart kit including everything you might need in case something happens. Whether you are flying, driving or travelling by plane it is nice to have a your most needed supplies and personal belongings close.

If you are flying

Remember that there are restrictions on the amount of liquids you can take in your hand luggage. If possible, pack liquids in your hold baggage. Liquids include: all drink, liquid or semi-liquid foods, cosmetics and toiletries, sprays, pastes, gels, contact lens solution and any other solutions and items of similar consistency*.

If you do take liquids in your hand luggage: containers must hold no more than 100ml, containers must be in a single, transparent, resealable plastic bag, which holds no more than a litre and you're limited to 1 plastic bag per person.

For more information look at the website of the airport you are travelling from before going.

When booking your ticket it might be a good idea to book a seat in the back row near the bathrooms as it might help take away some of your concerns and make you feel more confident as well.

At your destination – general tips

- Don't drink tap water – avoid ice as well.
- Don't brush your teeth in tap water – buy a bottle of water instead.
- Whatever you eat, make sure it's well prepared – especially fish and meat.
- Don't eat raw vegetables washed in tap water.
- It can be very helpful for some people to eat pills including probiotics.**

In case of emergency

It is well worth the trouble to find out in advance where and how you can get medical assistance at your travel destination. If going on a longer trip, you should check whether it is possible to get the supplies you need locally where you're going. Your regular supplier might even arrange delivery abroad for you, if you ask well in advance.

Also, take a look at the 'Coloplast around the world' for product support.

These are general guidelines meant to help you with typical questions. You should follow the specific instructions provided by your healthcare provider and the intermittent catheterization solution you are using.

*<https://www.gov.uk/hand-luggage-restrictions/overview>

** <http://www.livestrong.com/article/537802-are-probiotics-better-in-pill-form-or-yogurt/>

TRAVEL TIPS - OSTOMY

Pouch considerations

Whether you are traveling by car, bus, train or plane, it is important to pack a small travel changing bag. Keep extra pouches and any other supplies you may need with you. Even if you're going for a very short distance, it's a good idea to keep an extra pouching system and supplies in the glove compartment or in a small travel kit.

However your supplies should be stored in a cool place. Don't leave your ostomy products in the car for long periods during hot weather, since the heat may damage the barrier adhesive.

If travelling by plane – going through airport security

The security scanner might detect your pouch, even if it's empty. But you do not have to show your pouch, and security should not ask you to remove clothing to expose it or let them touch it. You may be asked (or you can volunteer) to rub your hand against the pouch on the outside of your clothes (to rule out explosives), but that should be the extent of the examination. You can always show them your travel certificate, which explains your condition, the medical supplies you are carrying and why you might need support and privacy.

If travelling by plane – cut the barriers before you go to the airport

As written on the previous page you can bring as much as you can in your hand luggage within the requirements of the airline, but since you will not be allowed to bring scissors in your hand luggage we recommend that you cut all your barriers to the right size before you fly.

If travelling by plane – In the air

There is a slight risk that the pressure will cause the pouch to balloon. If this should happen all you need to do is go into the bathroom and empty your pouch. And remember that just as often ballooning is caused by something you ate or drank – so when you're flying be extra careful with carbonated drinks.

If you are a little self-conscious about noise from the pouch, you will be pleasantly surprised by how noisy an airplane cabin is.

Going somewhere warm?

Remember to apply suntan lotion after you put on your pouch. The lotion could affect the barrier and make it harder to stick. If the climate is warm enough to make you perspire more than usual, you may need to change your pouch more frequently. Make sure your skin is completely dry before you apply a new pouch for good adhesion. It can be a bit tricky if the weather is very hot and humid – if drying your skin is difficult, you can use a hairdryer on low heat to dry the area (but be careful that it doesn't get too hot and keep it at a distance).

Make sure to drink plenty of water and bring medicine for diarrhea with you, just in case. With warmth comes a higher risk of dehydration and diarrhea, but with some preparation you won't need to worry.

Going swimming

Always make sure that the barrier sticks properly before going swimming – give it some time after applying. Be aware that the water can affect the adhesion negatively, so make sure to change your product more frequently.

Check the packing list for a full list of supplies to remember

TRAVEL TIPS – BLADDER AND BOWEL MANAGEMENT

Using a catheter – plan your schedule

Plan your visits to the bathroom. If you travel by airplane, catheterize as close to boarding as possible. Plan all other bathroom visits during your stay allowing time before or after an event. Set a watch or phone alarm, if you worry that you might forget when it is time.

Can I travel with the irrigation equipment?

Yes – remember to bring your irrigation system along with lots of disposable catheters as they may not sell them everywhere. If you are going to use the system abroad, use bottled or cooled boiled water in places where the tap water is not safe to drink. Remember in different time zones your body may take a while to get used to a new routine. You may also be eating different types of food, which can affect the bowels.

If using a urine bag – what to think about?

If you are using a urine bag and is spending time in a warmer climate, be aware that the uridome may stay shorter than usual as you will be producing more sweat. Thus it is important that you bring more uridomes than you are used to.

The impact of the temperature on your products

We recommend that you store your products at room temperature at all times. Shortly storing the products at extreme temperatures (below 0 degrees Celsius and above 60 degrees Celsius) though will not impact the quality of the product. Thus your catheters can be in the aircraft hold though it is cold. Be aware though that the colder the catheter is stored the stiffer it will feel. It may be a good idea to heat the catheter with your hands before usage. On the other hand; the catheter will be softer if stored at a warm place.

If travelling by plane - luggage x-ray

It is possible to see the catheter through the packaging when your luggage goes through x-ray at the airport, which means that you do not have to open any of the catheters to show the it.

None of the Coloplast catheters holds more water that the allowed limit.

Food and drinks – important to remember

Often a change in environment and routine affects our digestion. Avoid constipation and dehydration, which can worsen your bladder and bowel problems. Drinking enough water is very important and try to eat food which is high on fibers. If you are not sure about the quality of the drinking water, buy bottled water.

Restrooms

Check out all the places you want to visit to see if they have restrooms .This may be especially useful if you need one that is wheelchair accessible. You can find them on the internet or give them a call if you are in doubt. Also check if it is common to pay a fee for using restrooms and make sure to have small change in local currency on you.

Learning the word for “restroom” in the local language can be very helpful.

If you have a disability, it might be possible to get a card you can show. Ask your healthcare provider or your local association about it.