

# Travel Guide

It can be a very rewarding experience to travel and discover new things. Being well prepared is a good first step for a care-free vacation. We have gathered some information and a few tips for you in this guide.

These are general guidelines meant to help you with typical questions. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis. You should always follow the specific instructions provided by your healthcare provider.

## Before you leave – What to remember



**Order extra products** well in advance to ensure that you have them on time – and have enough.



**Write down the name of your product(s)** in a safe place – taking a picture of them may also be a good idea.



**Pack a travel kit** so that you have all the supplies you may need with you.



**Cut your barriers** to the right size before you leave – it is more convenient when you are on the go.

**Consider locating local resources** available to you, so you are prepared in case you need assistance at your destination.

## If you are traveling by car



We do not recommend that you leave your products in the car for long periods of time during hot weather, since the heat may damage the barrier adhesive. If possible, your supplies should be stored in a cool place.

## If you are travelling by plane



**When booking your ticket**, you may want to choose an aisle seat near the restroom so that you can get there quickly and easily if you need to empty your pouch mid-flight.



**If you travel frequently**, consider enrolling in TSA PreCheck – which can expedite security screening by allowing you to keep your shoes and belt on and leave your “3-1-1” baggie and laptop in your carry-on luggage.

## Packing tips



Remember that there are restrictions on the amount of liquids you can take in your carry-on luggage. If possible, pack liquids in your checked baggage. Liquids include: all drinks, liquid or semi-liquid foods, cosmetics and toiletries, sprays, pastes, gels, contact lens solution and any other solutions and items of similar consistency\*. Remember that any ostomy paste, pouch, deodorant, or adhesive remover spray you bring has to fit in the same quart-size bag as your toothpaste – so if you plan to carry on, make sure everything will fit!

If you do bring liquids in your carry-on, containers must hold no more than 3.4 ounces, containers must be in a single, transparent, quart-size re-sealable plastic bag, and you're limited to 1 plastic bag per person.

You may want to consider cutting out a few extra pouches for during your flight and pack your ostomy scissors in your checked baggage to help avoid issues with getting through TSA security.

For more ostomy-related travel tips, check out the UOAA's tip sheet and additional resources here:

[http://www.ostomy.org/Ostomy\\_Travel\\_Tips.html](http://www.ostomy.org/Ostomy_Travel_Tips.html). For more general travel tips, visit the website of the airport from which you are travelling.

\*<https://www.tsa.gov/travel/security-screening/liquids-rule>

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## Security check



The security scanner might detect your pouch, even if it's empty. 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 a Travel Certificate like this one from Coloplast® Care (<https://www.coloplastcare.com/en-US/ostomy/coloplast/your-resources/c5.1-your-resources/>) which is available in multiple languages, or a Travel Communication Card like this one ([http://www.ostomy.org/uploaded/files/travel\\_card/Travel\\_Communication\\_Card.pdf](http://www.ostomy.org/uploaded/files/travel_card/Travel_Communication_Card.pdf)) provided by the United Ostomy Associations of America, which is designed to simplify communication about your medical needs in a discreet way.

## In the air



There is a slight risk that the pressure will cause the pouch to inflate like a balloon. If this should happen, simply go into the bathroom and empty your pouch. Remember that ballooning is often caused by something you ate or drank – so when you're flying, you may wish to be extra careful with carbonated beverages.

## At your destination

### Going somewhere warm?



Remember to apply sunscreen 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 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 by keeping it at a distance).

## Swimming



Always make sure your pouching system is intact before going swimming. Be aware that water can affect the adhesion if exposed for long periods of time, so you may need to change your pouch more frequently.

## Water recommendations

Most people should try for eight 8-oz glasses of water per day, unless your healthcare provider says otherwise. If it's hot outside, it's important to drink even more water. It can also be a good idea to bring medicine for diarrhea with you, just in case. Warmer weather brings a higher risk for dehydration and diarrhea, but with some preparation you do not need to worry. Here are some other helpful tips:

- If you are not sure about the quality of the drinking water, buy bottled water.
- You may also want to avoid ice, depending on where you're traveling.
- Don't brush your teeth with tap water – buy a bottle of water instead.
- If you irrigate, use drinking water such as bottled water. If you cannot drink it, do not irrigate with it.

## 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 you are going on a longer trip, you should check whether it is possible to get the supplies you need at your destination. You can also check with your regular supplier to see if they are able to arrange a delivery at your destination.

**More travel tips can be found at: <http://www.coloplast.us/traveling-with-an-ostomy>**