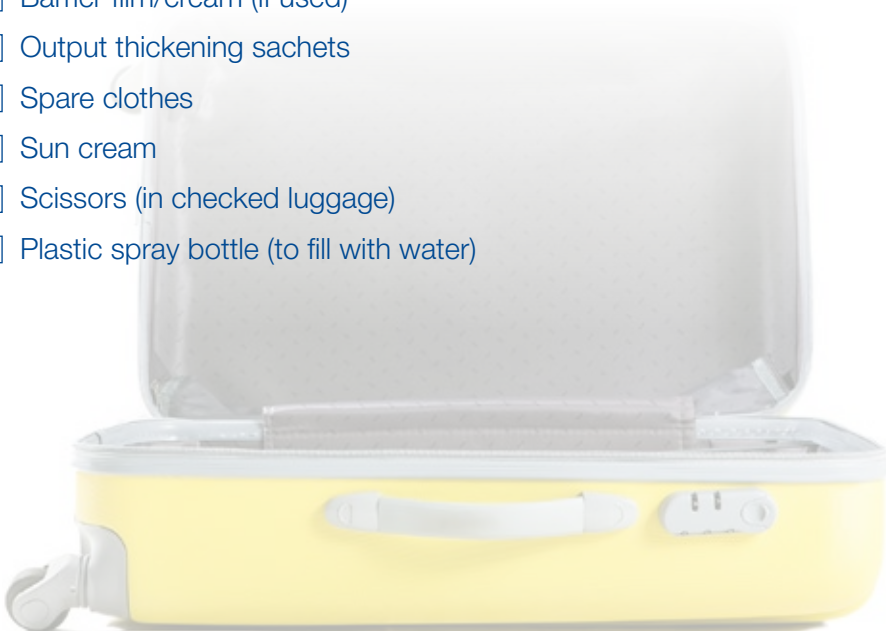


Travel advice



Holiday checklist

- Passport
- Visa (if required)
- Travel insurance
- Travel certificate
- Toilet Priority Card
- Radar key
- Additional supplies (twice usual amount)
- Pre-cut pouches
- Change kit for journey
- Spare pre-cut pouches
- Wet wipes
- Disposal bags
- Adhesive remover spray, wipes or foam applicator (if used)
- Barrier film/cream (if used)
- Output thickening sachets
- Spare clothes
- Sun cream
- Scissors (in checked luggage)
- Plastic spray bottle (to fill with water)



Contents

Everyone has different experiences of travelling with a stoma but it's important to regain any loss in confidence and continue to have a full and active lifestyle. This guide will provide advice and answer questions you may have when planning a day out or holiday at home or abroad.

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Travel kit

- A good guide is to pack twice your normal usage amount
- Pouches (pre-cut to make it easier for you)
- Wipes (wet and dry)
- Tissues and swabs
- Disposal bags
- Ostomy deodorant spray (if required)
- Adhesive remover spray, wipes or foam applicator (if required)
- Liquid barrier film spray or wipes (if required)
- Output management sachet (if required)
- Flange extenders/washers (if required)
- Filter covers
- Radar (NKS) key
- Travel spray bottle to fill with water

First aid kit

You may want to make a small first aid kit to take with you, containing medicines for colds, allergies, motion sickness etc. as not all brands will be available worldwide.

Documents

The following documents will help you if you have any issues while away.

- Adequate Travel Insurance
- European Health Insurance Card (EHIC), ensure it is in date
- Travel Certificate
- Toilet Priority Card
- A list of all your medicines, including their full generic name, dosage and frequency.

Days out

Day trips both at home and abroad may need a little more preparation but with some planning you should feel confident to go out as you did before having a stoma.

A small wash bag should be able to hold all the items you will need for the day. SecuriCare provides a specially designed travel bag which is ideal for changing your pouch when you're out and about. It has a hanging hook and suction cup so can be attached to the back of a door and opens up into a handy shelf, giving you additional space to put your supplies when changing.

Avoid storing your appliances in the boot of the car on a warm day. Hot weather can affect the adhesive on pouches; storing stoma supplies in a cool bag can help stop any effect heat may have on the pouches. If travelling to a hot climate, keep pouches in a cool, dry environment.

Most locations across the UK have public and accessible toilets. In the UK the Radar National Key Scheme (NKS) offers independent access to locked accessible toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can be found in shopping centres, pubs, cafes, department stores, bus and train stations and many other locations all over the UK.

SecuriCare can provide customers with a Radar (NKS) key, contact your Customer Service Advisor to find out more.

There are a number of websites where you can locate the nearest toilet, we've listed some below:

www.changing-places.org/find_a_toilet.aspx
greatbritishpublictoiletmap.rca.ac.uk

Or you can download an app for your phone such as one below:

- Toilet Finder
- Flush Toilet Finder

Flying

Start planning for your holiday in plenty of time by contacting your SecuriCare Customer Service Advisor. They will be able to arrange your order and make sure the items arrive before you travel.

Before you go

- Pack supplies in hand luggage if possible and pack at least twice your usual usage whilst away. If putting supplies in checked luggage, try to split across different checked cases so if your bags are lost or delayed you'll still have supplies. Airlines may allow you to take a travel bag for medical supplies in addition to hand luggage so check with the airline before you travel.
- Liquids not exceeding 100ml can be carried through security in one clear plastic bag, contents should not exceed 1 litre in total.
- If you are taking prescription medication, it may be useful to take a letter from your doctor advising of its contents.
- Be sure to check if liquid products are available in wipe option. Products such as LBF[®] Skin Protector Spray and Appeel[®] Medical Adhesive Remover are, so you don't have to worry about taking a liquid can on board.
- Ensure you take pre-cut pouches with you on board as scissors are not permitted. SecuriCare can arrange to cut your pouches for you.
- If you're able to check-in in advance, consider sitting near a toilet so you can access it easily.
- If you need it, you can request special assistance when you're booking your flights or holiday and someone from the airport will help you pass through security and get on and off the aircraft.



At the airport

- Try to have a clean pouch when going through security for your comfort and discretion.
- Your pouch will not set off an alarm but may be viewed if you are required to enter a body scanner.
- Avoid fizzy drinks or foods that may make your output runny or increase wind.
- At security, prepare by removing all items from pockets such as mobile phones, keys and other metallic items. If you need to be searched, present the airport staff with your Travel Certificate (available from SecuriCare) which explains your condition and is translated into 11 languages. You can request a private search if you prefer.

On the aeroplane

- Use toilet facilities before the in-flight meal is served, toilets are often less busy, giving you time to deal with your pouch.
- Don't skip meals; eat a low fibre meal before the flight, it's important to maintain a routine and skipping meals may impact your output.
- Some people can suffer from increased abdominal gas due to changes in cabin pressure. This may not affect everyone and even those without a stoma may be prone to this.
- If you use a closed pouch, ensure the filter is not covered so that gas can escape. A drainable or two-piece pouch can allow you to resolve ballooning by opening/releasing pouch.

Whilst away

- Store appliances in a cool dry place.
- Do not store supplies in the boot of a car or in direct sunlight as this may affect the adhesive on pouches.
- Dispose of pouches as usual in disposal bags unless using an Aura® Flushable pouch which can be flushed down any toilet that accepts toilet paper (please note these pouches are suitable for colostomates only).
- Different places have different mineral content in their tap water and although may be deemed safe to drink, can cause tummy upsets. In some places you should avoid tap water entirely.
- Alcohol can cause dehydration, it's important to stay hydrated and drink lots of non-alcoholic drinks too.

Upset tummy

A change in water, climate and food can upset anyone's tummy, whether they have a stoma or not. As an ostomate you may be prone to an upset tummy and fluctuations in stoma output, but if you prepare you don't have to let it ruin your holiday.

Talk to your nurse about anti-diarrhoea medication and directions for use. If you have a colostomy, you can take some drainable pouches so you can empty your pouch easily in case of an upset tummy.

You may want to use an output management product such as Morform which can be added to your pouch if you have a very liquid output.

To avoid getting a upset tummy, try the below tips:

- Drink plenty of fluid in hot climates
- Avoid drinking tap water, only drink bottled water (if irrigating)
- Avoid ice cubes and fruit or salad which may have been washed with tap water
- Highly spiced and exotic foods should be approached with caution, especially if you do not eat them often at home
- Use tap water to clean your stoma or if irrigating use bottled water or boiled water, once cooled.



Travel insurance



It may seem overwhelming when first looking for travel insurance as there are many companies to choose from. Many mainstream insurance companies now offer reasonable rates for ostomates with pre-existing conditions but you may find specialist medical insurers can help ask the right questions and provide advice.

It's best to shop around to get the best price and policy. You can obtain quotes from several insurance companies through online comparison websites. The inclusion of what is covered and the terms and conditions can vary considerably. The British Insurance Brokers Association can help you locate an insurance broker in your area and offer advice on buying insurance.

When taking out insurance, ensure you declare your stoma and any other pre-existing conditions, even if they are unrelated. Failure to do this may invalidate the insurance.

EHIC card



If you are travelling in the European Economic Area (EEA), you should always carry a European Health Insurance Card (EHIC) as well as your travel insurance documents. A valid European Health Insurance Card gives you the right to access state-provided healthcare during a temporary stay in another European Economic Area (EEA) country or Switzerland. The EHIC covers treatment that is medically necessary until your planned return home.

You can apply for an EHIC card in the following ways

Call **0845 606 2030**

Visit **www.ehic.org.uk**

Pick up an EHIC form from the Post Office

Remember to allow 4 weeks for the card to arrive!

Travel certificate

At SecuriCare, we provide a travel certificate which explains your condition in 11 languages. It's very useful when going through airport security and you don't speak the local language. Contact your SecuriCare Customer Service Advisor to get one.



General advice for pharmacy items



Ensure you place repeat prescription requests with your GP well in advance of your holiday to ensure the items arrive to you in time. Medicine should be kept in its original packaging, correctly labelled and stored in hand luggage.

If you run out of medicine or drugs for any reason whilst away in the UK, you can contact NHS 111 who will be able to help. A local pharmacy may also be able to supply a limited amount of your medicine on an emergency supply basis.

Please note:

Some medicines that are prescribed and sold in the UK, such as co-codamol may be illegal in other countries. There are restrictions for taking controlled drugs abroad, such as morphine, pethidine, fentanyl etc. If your medicine contains a controlled drug, you'll need a proof of ownership letter signed by your GP to prove you own the drugs. You may need to show this at the border or airport security.

The letter must include:

- your name
- what countries you're going to and when
- a list of your medicines, including how much you have and doses
- the signature of the person who prescribed your drugs

If you are travelling with 3 months supply or more, you'll need to apply for a personal license which is issued by the Home Office. You can find out more here www.gov.uk/travelling-controlled-drugs

Ensure you check the travel restrictions for the countries you are visiting and or travelling through by contacting the UK consulate or embassy. Further information is available on www.gov.uk/foreign-travel-advice

You can also read more on www.fitfortravel.nhs.uk. You can also find information on individual airline and airport websites.

Getting medicines abroad

If you do need to buy medicines while away, check with the nearest pharmacy if they are able to help. Some prescription medicines can be sold over the counter in other countries. If not, they should be able to advise you where you can see a local doctor or the location of the hospital emergency department.

Ensure the pharmacist knows you have a stoma and inform them of any other medical conditions you have when purchasing medicine. It may help to make a note of the local language words for medical conditions you may need to inform them about.

Check your insurance policy to see whether you need to notify the insurance company before you consult a doctor or buy medicines. Always keep receipts for medicines and stoma supplies in case you need to provide these to the insurance company.

Storing medicines

If your medicines need to be stored in a fridge during your holiday, contact your travel operator or hotel prior to departure to confirm there is a suitable secure fridge available for your use.

Your pharmacist will be able to advise you on methods for storing medicines requiring controlled temperature during the journey.

Sun protection

It is important to use suntan lotion when spending any time in the sun. Apply your suntan lotion after attaching your pouch as if you get the lotion on the area where the flange attaches to the skin it may affect adhesion.

You may want to use a higher Sun Protection Factor (SPF) than you used to before your surgery. Having a stoma can change the way your body reacts to sunlight and some medications can cause increased sensitivity to UV rays.

Swimming

You may feel conscious wearing a swimsuit with your stoma appliance but there are a number of options available on the high street. A one piece swimsuit or tankini for women or a high-waisted pair of swim shorts for men may give you coverage and confidence. However if you are looking for something specifically designed for ostomates, there are a number of companies that offer specialist swimwear:

Vanilla Blush – www.vblush.com

White Rose Collection – www.whiterosecollection.com

You may find that the edge of your flange can become wet and begin to lift due to being immersed in water, so you may need to change your bag more often. You may want to use flange extenders such as Hydroframe® with Manuka honey which provide added security and longer wear time.

Filter covers are provided in your box of pouches so you can put one on to cover the filter whilst you are in the water, but remember to remove it afterwards.

If you have a colostomy you may prefer to wear a stoma cap. These are very small closed pouches designed for temporary use and are more discreet. Speak to your Stoma Care Nurse or SecuriCare Customer Service Advisor for more information and to try a sample.

Useful numbers

SecuriCare Order Line

0800 318 965

European Health Insurance Card (EHIC)

0845 606 2030

Emergency number

0044 191 218 1999

www.nhs.uk/ehic

British Insurance Brokers Association

0870 950 1790

Open 9am - 5pm,

Monday - Friday

www.biba.org.uk

AMI Suportx

0800 917 9584

www.suportx.co.uk

CUI Wear

0800 279 2050

www.cuiwear.com

NHS 111

Non-emergency number

Open 24/7, 365 days a year

www.nhs.uk

Radar National Key Scheme

0207 250 8181

www.disabilityrightsuk.org

Vanilla Blush

0141 763 0991

www.vblush.com

White Rose Collection

0345 460 1910

www.whiterosecollection.com

SecuriCare Home Delivery Service

Freephone Orderline

0800 318 965

Email: info@securicaremedical.co.uk

www.securicaremedical.co.uk

 facebook.com/securicare

 [@onestopstoma](https://twitter.com/onestopstoma) [@1stopcontinence](https://twitter.com/1stopcontinence)