

TRAVEL ADVICE



SecuriCare

INSURANCE

For European countries obtain European Health Insurance Card (EHIC) that has replaced the E111 by calling 0845 606 2030 or going to www.ehic.org.uk.

Recommended Insurance Companies are:

Age Concern	0845 601 2234
Chartwell	0800 6524652
Direct Travel	01903 812345
Free Spirit Pulse	0870 990 9292

GENERAL TIPS

- Take Imodium or other anti-diarrhoea medication with you as well as re-hydration sachets, e.g. Dioralyte, to replace fluids, just in case of upset tummy. These are available over the counter at your chemist
- Drink plenty of bottled water especially in hot weather
- Do not take ice with your drinks unless made with bottled water
- Take plenty of extra equipment (pouches etc). The Colostomy Association recommends twice your normal usage
- Take pouches and equipment in hand luggage or travel bag*. That way if your luggage is lost you still have supplies. SecuriCare Medical provide a complimentary travel pack for users of their Home Delivery Service.

* Suggested contents of travel bag should be;

- ▶ Pouches
- ▶ tissues or swabs
- ▶ deodorant spray
- ▶ wipes
- ▶ anti-diarrhoea tablets
- ▶ disposal bags
- ▶ travel certificate

- Take travel certificate enclosed. Samples of other accessories that may be of help to you are Limone deodorant, Morform motion management sachets, Appeel adhesive remover and Ostagel skin cleanser – please call Careline on **0800 585 125**
- If you are worried about the effect of heat on your pouches take a cool bag to protect your supplies
- You may want to take some drainable pouches, if not already using one, so you can empty it easily when travelling or in case of an upset tummy
- Some airlines will let you take extra 5kgs luggage – check with them if you are eligible

SWIMMING

- Swim wear is available for colostomists by White Rose and CUI – please call Careline to request a copy of either catalogue **0800 585 125**
- Use a cap or mini pouch for swimming – samples available upon request
- Use Hydroframe or water proof tape to ‘picture frame’ flange
- Swimsuits with busy patterns camouflage appliances
- A tight garment under your swimsuit can hold pouch in place
- Use filter cover when swimming

TRAVELLING

Flying

Flying can cause extra pressure and thus more air in your bag though this is not very likely.

- Avoid gassy drinks and foods that increase wind or make output runny such as cabbage/onions/lentils and eggs/spicy foods. Do not skip meals

- Eating a low fibre meal may help
- Empty your pouch in the departure lounge toilets just before your flight
- If you need to go to the toilet try to go before the meal is served as there will be fewer queues than after!
- Make sure your filter cover is NOT on to let any wind escape (if your filter cover is off and your pouch still ballooning prick filter with a small pin)
- International Air Transport Association (IATA) regulations forbid dangerous items on board. If you are in doubt contact the airline/your pharmacist or Delivery Company to check
- Remember no sharp instruments such as scissors can be taken in hand luggage

Car

- Do not keep your supplies in the boot of the car in summer as it is the hottest place
- Take Travel John for long car journeys if you are worried you may get caught short – you can empty your full pouch into it. Using the same revolutionary LIQSORB® technology as the urinals, the collection bag can be used for both solid waste and vomit. These can be purchased from on line pharmacies including www.expresschemist.co.uk and are priced around £8 for 3.



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Freephone Careline

0800 585 125