

# 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 carefree holiday. We have gathered some information and a few tips for you in this guideline.*

*These are general guidelines meant to help you with typical questions. You should always follow the specific instructions provided by your healthcare provider.*

## Before going away – What to remember



**Order extra products** and order well in advance, so that you are sure that you have them on time – and have enough.

TIP: It can be a good idea to order some compact catheters to bring along. Compact catheters have three main advantages on the go:

- Compact catheters are pre-lubricated, so they are ready when you are. This also minimized the chances of bacteria and thus UTIs.
- You can toss it in the trash or save it in your inner pocket after usage – discreet, simple and clean.
- It can hide in plain sight



**Note the name of your product(s)** on the travel certificate – taking a picture of them may also be a good idea.



**Bring your travel certificate** with information in several languages



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



**See our packing list** and arrive with everything you need.



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



**Buy a travel insurance** and worry less.

We also recommend that you check out the [packing list](#) for a full list of supplies, clothes and gadgets to remember.

# Travel Guide



## On your way – Your products



The temperature has an impact on your products, so think about how to pack, moving your supplies from the glove compartment in the car and bring some in your hand luggage if travelling by plane.

### Storage of intermittent catheters

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) will not impact the quality of the product. Thus your catheters can be in the aircraft hold though it is cold. Be aware 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.

### Hot climate affects urine bags

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.

## 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.

# Travel Guide



## 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.

## If you are travelling by plane



### Preparations you can do from home

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.

## Security check



Prevent trouble at security by bringing a travel certificate - it explains your condition, the medical supplies you are carrying and why you might need support and privacy as you go through security.

## Bringing liquids

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

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 it.



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.

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

# Travel Guide



## At your destination

Food and drinks – important to remember



When you travel in hot climates you risk becoming dehydrated. Most people should try for 1.5-2 liters of water per day – unless your healthcare provider says otherwise, and if it's hot outside you need to drink even more water. Drinking enough water is very important.

## Water commandments

- If you are not sure about the quality of the drinking water, buy bottled water.
- Don't brush your teeth in tap water – buy a bottle of water instead.
- Make sure to drink enough water (avoid too much alcohol, caffeine and sweet drinks as it increases chances of dehydration).
- You may also need to be careful with ice, fruits and vegetables depending on where you are traveling
- Keep a water bottle handy so you can take frequent sips of water.

## How do you know if you've consumed enough water?

One way to gauge your hydration level is to look at the color of your urine. If you're well-hydrated, it will probably be pale and you'll be urinating more frequently.

## What to think about when eating

Whatever you eat, make sure it's well prepared – especially fish and meat.

Try to eat food which is high on fibers

Don't eat raw vegetables washed in tap water.

It can be very helpful for some people to eat pills including probiotics.\*\*

## If you use an irrigation system

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.



## 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.