









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

Now, all there is left to say is: Have a nice holiday 😊

On your way – Your products



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

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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.

Cut your barriers to the right size as you will not be allowed to bring scissors through the airport security.

Security check

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.



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.

Bringing liquids

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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At your destination



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 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, keep it at a distance).



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.

Water commandments

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. But be careful with tap water. Read these tips:

- Don't drink tap water – avoid ice as well.
- Don't brush your teeth in tap water – buy a bottle of water instead.
- Don't eat raw vegetables washed in tap water.

It can be a good idea to bring medicine for diarrhea with you, just in case. With warmth comes a higher risk of dehydration and diarrhea, but with some preparation you do not need to worry.



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.

Going home

All we can say is: hope you enjoyed your holiday – safe travels 😊

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

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