



# Travel Guide

It can be a very rewarding experience to travel and discover new things.

Being well-prepared is a good first step to a carefree holiday. To help you on your way, we've put together this travel guide which contains useful information and handy tips for a stress-free getaway.

This is a general guide designed to help you with the typical frequently asked questions you may have.

You should always follow the specific instructions provided by your healthcare professional.

# Before going away - what to remember

Planning ahead and considering all of the things you need to remember before you travel will make your holiday preparation much smoother. Here are our top pre-departure tips:



## Order extra products and order well in advance

Ensure you have enough supplies for the full duration of your trip and that they arrive on time



## Avoid stress at security by carrying a Travel Certificate

A Travel Certificate explains your condition and the medical supplies you have with you in several different languages - you can request yours from Coloplast Charter



## Note the name of your product(s) on the Travel Certificate

Taking a photo of your product(s) may also be useful



## No Coloplast catheter holds more water than the allowed liquids limit

It is possible to see the catheter through the packaging when your luggage goes through security X-ray which means you do not have to open any of the catheters



## Pack a handy washbag

Have all your essentials to hand whilst on-the-go, including spare catheters and wipes



## When booking your ticket it might be a good idea to reserve a seat near the toilets

It might help take away some of your concerns and make you feel more comfortable as you travel



## Buy travel insurance

And enjoy greater peace of mind while you are away



## It can be a good idea to order compact catheters to take away with you.

Compact catheters have **three main advantages** for on the go as they are:

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| <ul style="list-style-type: none"><li>• <b>Pre-lubricated</b>, so ready when you are. This also minimises the chances of bacteria and thus UTIs.</li></ul> | <ul style="list-style-type: none"><li>• <b>Discreet, simple and clean</b> so no one will notice you are carrying them.</li></ul> | <ul style="list-style-type: none"><li>• <b>Easy to dispose of</b> either in the bin or by re-wrapping in their packaging after use to dispose of later.</li></ul> |
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*Speak to one of our Clinical Assistants if you'd like to find out more about compact catheters*

# Travelling with your continence products

The temperature can have an impact on your products as well as your body, so think carefully about how to pack and store your products while you're away.



## How should I store my intermittent catheters?

We recommend you store your products at room temperature at all times. Storing them at extreme temperatures (below 0°C and above 60°C) for short periods will not impact the quality of the product. Your catheters can be packed in the aircraft hold even 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 use. Similarly, the catheter will be softer if stored in a warmer temperature.



## Using a urine bag - how will a hot climate affect me?

If you're using a urine bag and spending time in a warmer climate, be aware that the sheath may not last as long as usual as you will be producing more sweat. It is important that you pack more sheaths than you usually use.



## Peristeen® Plus - can I travel with my TAI equipment?

Yes, pack your Peristeen Plus system along with a good supply of Peristeen Plus catheters to ensure you don't run out. If you are going to be irrigating abroad, use bottled or cooled boiled water in countries 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 your bowels.



## In case of emergency

Find out in advance where and how you can get medical assistance at your destination. If going on a longer trip, check whether it is possible to get the supplies you need locally whilst you are there.

# Travelling by plane

There are restrictions on the amount of liquids you can carry in your hand luggage. If possible, pack in your hold luggage. If unsure, check with the airport you are travelling from prior to departure.



## Liquids include

All drinks, liquids 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 and be carried in a single, transparent, resealable bag which holds no more than a litre. You are limited to one plastic bag per person



## Divide your supplies between your main luggage and hand luggage

Ensure you have some products in case of lost or delayed luggage



## Catheterise as close to boarding as possible

It might also be a good idea to book a seat near the toilets if you have any concerns



# Toilet facilities and routine

Before travelling, check out the places you wish to visit to see if they have toilet facilities. This may be especially useful if you need one that is wheelchair accessible.



Research the places you plan to visit ahead of your stay if you are worried about toilet facilities.



Check if it is common to pay a fee for using public toilets and make sure you carry some small change in the local currency in case you need to.



Plan your bathroom visits during your stay allowing time before or after an event. Set a watch or phone alarm if you are worried that you might forget.



Learning the word for 'toilets' in the local language can be very helpful.



If you have a disability, it might be possible to obtain a card that you can show to ensure you can access toilet facilities

# Eating and drinking

When you travel to hot climates you risk becoming dehydrated. Most people should try to drink 1.5-2 litres of water per day - unless your healthcare professional has advised you otherwise - and if it's hot outside you need to drink even more water.

## Eating...

- Whatever you eat, make sure it's well prepared - especially fish and meat
- Try to eat food which is high in fibre
- Don't eat raw vegetables washed in tap water

## Drinking...

- If you're not sure about the quality of the drinking water, use bottled water
- Don't brush your teeth in tap water - use bottled water instead
- Make sure you drink enough water - avoid too much alcohol, caffeine and sugary drinks as it increases your chance of dehydration
- You may also need to be careful with ice, fruit and vegetables
- Keep a bottle of water handy so you can take frequent sips



Check the colour of your urine - if you're well hydrated it will be pale in colour and you'll be urinating more frequently