



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



Pre-cut your baseplates to size

Pre-cutting your baseplates makes bag changes on the go much easier and avoids the need to carry scissors in your hand luggage



Pack a handy washbag

Have all your essentials to hand whilst on-the-go, including dry wipes, adhesive remover and extra pouches



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



How should I store my supplies?

We recommend you store your ostomy supplies at room temperature at all times. Exposing your products to high temperatures for long periods may damage the barrier adhesive



Buy travel insurance

And enjoy greater peace of mind whilst you are away



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.

Flying with your ostomy products

When travelling by plane, there are a number of things to consider. If you're unsure about current guidelines, check the website of the airport you are travelling from before departure.



Security

The security scanner may detect your pouch, even if it's empty. You don't have to show your pouch and security staff 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. Remember to show 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 the pressure will cause the pouch to balloon. If this should happen, all you need to do is go to the toilets and empty your pouch. Remember that just as often, ballooning is caused by something you ate or drank, so when you're flying be extra careful when consuming carbonated drinks.

If you are self-conscious about any noise from your pouch you will be pleasantly surprised by how noisy an aeroplane cabin is.



Divide your supplies between your main luggage and hand luggage

To ensure you have some products in case of lost or delayed luggage.

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

Going somewhere warm?

The temperature can have an impact on your products as well as your body.

-  **Remember to apply suncream 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**
To ensure good adhesion
-  **If the weather is hot and humid it can be tricky to dry your skin**
Use a hairdryer on a low heat and at a distance to dry the area around your stoma, being careful that it doesn't get too hot
-  **Before going swimming, make sure your barrier sticks properly**
Allow some time after applying and be aware that water can affect the adhesion so make sure you change your product frequently

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
- Don't eat raw vegetables washed in tap water
- You may also need to be careful with fruit and vegetables

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
- You may also need to be careful with ice added to your drinks
- Keep a bottle of water handy so you can take frequent sips



Be prepared

With warmth comes a higher risk of dehydration and diarrhoea so be prepared and remember to pack medicine in case of diarrhoea.