



TRAVEL ADVICE



www.fittleworth.com

Opening Hours:

8 am to 8 pm Monday to Friday

9 am to 1 pm Saturday

National: 0800 378 846

Scotland: 0800 783 7148

Travel Advice

Using medical appliances for your stoma and continence needs should not affect your ability to lead a normal life and that includes travel. Below are some handy tips for you to consider when travelling.

Planning ahead

Prepare a checklist of products and items you need to take with you. These will include the products you normally use as well as dry wipes and disposal bags. You can keep these items in a small travel kit, so that you have your appliances and accessories to hand.

Travelling by plane

- Before travelling, you will need to check with your airline their policy for carrying these items in your luggage, as Customs and Security officials may ask you questions about the appliances.
- The rules on what is allowed in your hand luggage can, and do change. Keep liquids in smaller bottles (less than 100ml capacity) and do make sure that any adhesive removers are non-flammable. Product samples are often smaller than normal prescription items which you may find helpful. For more information please speak to our Customer Service team.
- When you travel by air, carry some supplies in your hand luggage. Scissors and sharp objects are not allowed in hand luggage, so if you have a stoma, make sure you take pre-cut pouches with you.
- Remember that luggage in the hold can get lost in transit. It is worth spreading your items between yours and your travelling partners' cases to ensure that, if one case is misplaced, you will still have goods available to you.
- Obtain a note from your GP stating you need to carry some essential products in your hand luggage. Fittleworth can send a Travel Certificate that explains why you have the appliances.





- Try to use the toilet before boarding the plane and before meals when it is likely to be less busy. When booking, ask for an aisle seat near the toilet if possible.

Travelling by car or rail

- After any medical procedure you should not drive until your doctor advises you can resume. You must be able to do an emergency stop, to reverse and be alert for the whole time you are driving.
- Check with your insurer about any changes in your medical condition to ensure you are covered should an accident occur. If you are unsure about the disclosure of information to your motor insurer, discuss this with your GP or specialist nurse.
- If you are an ostomist you may find it more comfortable when driving to use a special attachment to your seat belt. This releases tension around your hip bone but tightens automatically when necessary. These are available from most motoring accessory shops.

- If you use a drainable bag, you may find it helpful when making a long journey to carry a night bag in the vehicle. This will be helpful if you get stuck in a traffic jam and cannot get to a toilet.

Travelling by sea

- Travelling by sea means you should not have as many problems as other forms of travel. Ships are more spacious and have more accessible facilities.
- Make sure you know where the toilets are located so that you can get to them quickly if you need to. They may be on a different deck in some instances.
- If you are travelling on a cruise ship, make sure you know where the medical room is and how to contact the on-board GP in case of medical emergencies.

RADAR keys

RADAR operate a key scheme to enable access to disabled toilets throughout the UK. You can obtain a RADAR key by calling 0207 250 3222 or ask our Customer Service team for more information.

Travel certificate

Fittleworth produces a handy pocket-sized leaflet which explains, in various languages, what your appliances and medications are for and why you are carrying them.

This can help to avoid awkward questions at customs checkpoints. It also ensures that any form of examination takes place in complete privacy. These are available free of charge to customers, simply request one from our Customer Service team.



Free emergency medical treatment abroad

If you are travelling within the E.U. there are reciprocal agreements which entitle you to free emergency treatment while abroad. To claim this you can apply for a European Health Insurance Card (EHIC), this replaced the E111 form. This card entitles the holder to state-provided medical treatment.

To find out more and to register for a card, call 0845 606 2030 or visit www.ehic.org.uk.

You may also be able to receive free or subsidised healthcare if you are travelling outside the E.U. provided that the country in question has a reciprocal healthcare agreement with the UK.

There are many countries which offer this including Australia, Barbados and New Zealand. The rules vary from country to country, and you will need to provide proof of your status as a UK resident such as your passport or driving licence.

For a full list of countries and the different rules for each, visit www.nhs.gov.uk/healthcareabroad.



WORLD ASSIST ALLIANCE

Fittleworth is the exclusive UK member of the World Assist Alliance; a network dedicated to helping stoma and continence customers with **emergency goods** when abroad on holiday or business.

World Assist Alliance Network Coverage

To find out which countries are part of the World Assist Alliance network, please call our Customer Service team on 01903 731244.

How World Assist Alliance Works

Simply call your normal Fittleworth contact number with your details and we will do the rest.

Terms and Conditions apply, please see our leaflet for full information, or contact our Customer Services team on 01903 731244.



General Advice

Heat exposure

Excessive heat can have a negative effect on many products. Stoma customers can find that heat affects the adhesive on their flanges and can cause their products to stick together.

ISC users may find that excessive heat affects the lubricant in catheters. To avoid this happening, keep products cool, dry and placed away from heat exposure, for example in a cupboard.

When travelling by car, keep products away from the back window. Try not to store supplies in your car during hot weather.



Diarrhoea

Diarrhoea is a common problem for tourists in foreign countries, regardless of any medical condition they may have. It is a good idea to take anti-diarrhoeal tablets with you just in case.

Diarrhoea can be caused by:

Water – Avoid salads that may have been washed in unclean water and do not have ice in your drinks. Drink bottled water only.

Food – Do not eat unpeeled fruit and raw vegetables as these may have been washed in local water.

Be sure to maintain a high fluid intake (non alcoholic) to keep you properly hydrated as high altitude and hot weather dehydrates the body.

Ostomist advice

If you cut your flanges to fit your stoma, it is a good idea to do this before you travel. This will save you time and inconvenience when you are there.

Open your boxes of pouches and check that they are all correct before you travel. This will give you time to obtain replacement goods before you travel.

Use an extra filter to help with wind. Be careful with the quantity of fizzy drinks and alcohol consumed as they can also give you excessive wind. A separate leaflet is available for information on dietary advice.

Cotton pouch covers can be used in hot weather, to help stop the pouch material sticking to your skin and causing irritation. These can be obtained on prescription through Fittleworth.

Advice for colostomists

If you intend to go swimming, you can use a stoma cap. These are smaller, round pouches which fit easily under swim wear and allow freedom of movement.

It is a good idea to take some drainable pouches with you in case of an upset stomach. This means that you would not have to change your closed pouches too often when you have a more liquid output.

Advice for ileostomists

Be sure to take extra pouch clips with you in case you mislay your usual supply. It is important that you have a method of keeping the contents sealed when you are not emptying the bag.

As an ileostomist you must NOT use a stoma cap. As your output is constantly flowing, a small, closed cap will inhibit your stoma from working correctly. Drink plenty of non-alcoholic fluids, preferably water, and you may need to replace salt lost in hot conditions. A small packet of crisps is adequate.

Advice for urostomists

It helps to be aware of products available. For example, leg bags which can be connected to your usual urostomy pouch and fit under shorts or trunks to increase capacity. This can be helpful if toilet facilities are not easily accessible. For more information, speak to your specialist nurse.

It is also important to drink plenty of fluids and keep up good hygiene in order to prevent urine infections, particularly in hot weather.



For those using continence products **Travel checklist**

A night bag connected to your leg bag will give you more capacity, for long trips it can be discreetly placed under the seat of a plane or coach.

Make sure you do not disconnect your leg bag as this can be an infection risk. It may be preferable to use a 1 litre belly bag, a 1 litre leg bag, or if in a wheelchair, a bendi bag which will hold up to 1300mls.

Instead of a leg bag, you can use a discreet thigh bag which will fit under shorts or trunks. Again, due to the risk of infection, this should be left connected for 7 days where possible. It is important to note that using a thigh bag will reduce your capacity by about 100mls.

If you would like more information, or have any questions, please ask your continence nurse for advice.

- Obtain the correct travel insurance and check for any exclusions
- Take your EHIC card (if applicable) and/or proof of UK residency
- Before travelling, you will need to check with your airline their policy for carrying medical appliances in hand luggage, as Customs and Security officials may ask you questions about them
- Fittleworth can send you a Travel Certificate that explains why you have the appliances with you
- Make sure your supplies are secure and packed in accordance with the manufacturer's instructions
- Pack twice the amount of your normal supplies
- Carry some supplies as an emergency kit in your hand luggage, but pack sharp items and scissors in your main luggage
- Allow plenty of time for travel and check in early
- Ask for a convenient aisle seat so that you can access the toilet easily



POST...

Fittleworth
FREEPOST
Hawthorn Road
Littlehampton
West Sussex
BN17 7LT



PHONE...

Freephone National:
0800 378 846

Freephone Scotland:
0800 783 7148



ONLINE...

www.fittleworth.com



fittleworth