






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 care-free vacation. We have gathered some information and a few tips for you in this guide.

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

Before you leave – What to remember

-  **Order extra products** well in advance to ensure that you have them on time – and have enough.
-  **Write down the name of your product(s)** in a safe place – taking a picture of them may also be a good idea.
-  **Pack a travel kit** so that you have all the supplies you may need with you.
-  **Cut your barriers** to the right size before you leave – it is more convenient when you are on the go.
-  **See our packing list** to help you arrive with everything you need.

If you're flying...

-  **When booking your ticket**, you may want to choose an aisle seat near the restroom so that you can get there quickly and easily if you need to empty your pouch mid-flight.
-  **If you travel frequently**, consider enrolling in TSA PreCheck – which can expedite security screening by allowing you to keep your shoes and belt on and leave your “3-1-1” baggie and laptop in your carry-on luggage.

Travel Guide



On your way – Your products



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

If you are travelling by plane

Security check



The security scanner might detect your pouch, even if it's empty. 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 a Travel Communication Card like this one (http://www.ostomy.org/uploaded/files/travel_card/Travel_Communication_Card.pdf) provided by the United Ostomy Associations of America, which is designed to simplify communication about your medical needs in a discreet way.

In the air



There is a slight risk that the pressure will cause the pouch to inflate like a balloon. Should happen, simply go into the bathroom and empty your pouch. Remember that ballooning is often caused by something you ate or drank – so when you're flying, you may wish to be extra careful with carbonated beverages.

Bringing liquids



Remember that there are restrictions on the amount of liquids you can take in your carry-on luggage. If possible, pack liquids in your checked baggage. Liquids include: all drinks, liquid or semi-liquid foods, cosmetics and toiletries, sprays, pastes, gels, contact lens solution and any other solutions and items of similar consistency*. Remember that any ostomy paste or deodorant or adhesive remover spray you bring has to fit in the same quart-size bag as your toothpaste – so if you plan to carry on, make sure everything will fit!

If you do bring liquids in your carry-on, containers must hold no more than 3.4 ounces, containers must be in a single, transparent, quart-size re-sealable plastic bag, and you're limited to 1 plastic bag per person.

For more ostomy-related travel tips, check out the UOAA's tip sheet and additional resources here: http://www.ostomy.org/Ostomy_Travel_Tips.html. For more general travel tips, visit the website of the airport from which you are travelling.

*<https://www.tsa.gov/travel/security-screening/liquids-rule>

Travel Guide



At your destination



Going somewhere warm?

Remember to apply sunscreen 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 by keeping it at a distance).



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 recommendations

Most people should try for eight 8-oz glasses of water per day, unless your healthcare provider says otherwise. If it's hot outside, it's important to drink even more water. It can also be a good idea to bring medicine for diarrhea with you, just in case. Warmer weather brings a higher risk for dehydration and diarrhea, but with some preparation you do not need to worry. Here are some other helpful tips:

- If you are not sure about the quality of the drinking water, buy bottled water.
- You may also want to avoid ice, depending on where you're traveling.
- Don't brush your teeth with tap water – buy a bottle of water instead.



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 you are going on a longer trip, you should check whether it is possible to get the supplies you need at your destination. You can also check with your regular supplier to see if they are able to arrange a delivery at your destination.

More travel tips can be found at: <http://www.coloplast.us/traveling-with-an-ostomy>

TRAVEL COMMUNICATION CARD

COMPLIMENTS OF THE UNITED OSTOMY ASSOCIATIONS OF AMERICA, INC.

This is provided to travelers in order to simplify communication with federal Transportation Security personnel and airline flight attendants, at those times when you wish or need to communicate in a non-verbal way, as is your legal right.

This is not a “certificate” and it is not a “pass” to help you avoid screening.

Please print out on any weight of paper you wish, trim to wallet-size and laminate if desired. The blue color is important, as it is a “flash-card” developed by the TSA so their own officers will recognize it and be guided to treat the traveler with discretion and sensitivity.

If laminated in a double-side manner, it can be used ‘blue side out’ during security screening, and the white side out when communicating non-verbally with airline personnel.

JUST PRINT, CUT OUT, FOLD, AND PUT WITH TRAVEL DOCUMENTS

NOTES: You may always have a travel companion with you during a private screening.

– TSA officers should NOT ask you to show your pouch—you may be asked to rub over your pouch outside your clothing so they can test your hand to rule out explosive residue.

– To file a complaint, send email to TSA-ContactCenter@tsa.dhs.gov (with copy to advocacy@ostomy.org, please).

OUTSIDE LEFT—for use during screening before boarding. Intended for the passenger to show the TSO at the beginning of personal screening - before being patted-down or entering a full-body scanner. The TSO may not take it from you to read, since the distinctive blue color makes it like a ‘flash card’.

OUTSIDE RIGHT

Notification Card

I have the following health condition, disability or medical device that may affect my screening:

(Optional)

I understand that presenting this card does not exempt me from screening.

F
O
L
D

L
I
N
E


TSA respects the privacy concerns of all members of the traveling public. This card allows you to describe your health condition, disability or medical device to the TSA officer in a discreet manner. Alternate procedures which provide an equivalent level of security screening are available and can be done in private.

Presenting this card does not exempt you from screening.

~ ~ GOTTA GO NOW ~ ~

RESTROOM ACCESS

The cardholder contains body waste in an **OSTOMY POUCH** (stool/urine) and/or carries pouches and related supplies and/or a catheter to manage personal hygiene. S/he needs access to the restroom **now** in order to empty the pouch — this is **critical** for the cardholder’s well-being and for public sanitation.

 **TRAVELER’S COMMUNICATION CARD**

Provided by the UOAA, a volunteer-based health organization dedicated to providing education, support and advocacy for people who have or will have intestinal or urinary diversions.

United Ostomy Associations of America
www.ostomy.org 1-800-826-0826

INSIDE LEFT - this is designed to show in the event it is needed **while in flight** and the pilot has chosen to limit restroom access—or when passengers are supposed to be belted in during turbulence. You might wish to show it to a flight attendant during boarding and/or getting settled, so he or she will be mindful of your situation. Before laminating, you may wish to rotate the bottom half so all text is in one direction when it is folded/unfolded.

INSIDE RIGHT