

Travel Tips

There is absolutely no reason why you shouldn't continue to travel at home or abroad, whether you use intermittent catheters or wear stoma bags. A few preparations beforehand will ensure you can anticipate any problems and enjoy your holiday.

3 It may be useful to carry a letter from your hospital/doctor/nurse specialist confirming that you are a patient of theirs and that you need to carry medical equipment with you at all times. A letter outlining what you have had done may also be useful to take with you.

4 Remember to take enough supplies of any prescribed drugs or medicines as it may not be easy to get any more while away from home.

5 It is always useful to carry some antibiotics with you in case you get a urine infection.

6 Those of you who do bladder/pouch washouts can use bottled water (mineral water).

7 You may wish to use bottled water to wash your intermittent catheters especially in some countries where the water is particularly unsafe. Alternatively take some water purifying

tablets with you and/or boil the water before using.

8 Have a "Travel Kit" in a make-up bag or small wash bag to keep in your jacket pocket/handbag/rucksack, etc. This could contain some spigots, tape, gauze or dressings, spare catheters, an empty plastic bag for used catheters, tissues and some "wet wipes" to clean your hands with if you have no access to water.

9 Drink plenty! Aim for at least 8 to 10 glasses or mugs every day. Remember to drink more in hot countries.

10 If you do not usually wear anything over your stoma (eg, the Mitrofanoff) you may wish to cover this with a waterproof dressing before swimming. This will protect the stoma from contamination by bacteria, etc, from the sea or swimming pool water.

1 Take ample supplies of any equipment you need. Make sure you have enough for the whole of your stay and some extra just in case. (Remember - you may not be able to reuse your intermittent catheters on occasion, so take spares with you). As well as catheters and wash out syringes, it may be useful to take a couple of leg bags and night drainage bags for emergencies.

2 Carry some of this equipment in your hand luggage in case your main luggage goes astray.

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