



FREE
Travel Certificate
INSIDE

TRAVEL ADVICE

National: 0800 378 846
Scotland: 0800 783 7148

Opening Hours:
8 am to 8 pm Monday to Friday
9 am to 1 pm Saturday

www.fittleworth.com

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 01395 265543 or visit: www.radarkey.org

Travel certificate

Fittleworth produce a handy pocket-sized travel certificate which explains in various languages that you are carrying products for medical reasons. There is a space for your doctor/nurse to endorse the certificate. The certificate can help to avoid awkward questions at security and customs check points.

Swimming

There shouldn't be an issue swimming for those people who have a stoma or those having continence issues.

Empty your pouch before swimming and ensure the wafer is well sealed. A filter cover on the deodorising filter will prevent water from entering the pouch. Colostomists may wish to discuss using a stoma cap with their doctor/nurse.

If you have an indwelling urinary catheter you can use a catheter valve instead of a drainage bag it is advised that you speak to your doctor/nurse first as this may be contraindicated. There is a range of smaller urine bags available that may be suitable and more discreet. If you cannot find suitable swim wear in the high street, there are specialist

companies on line who specifically design swimwear to suit the needs of those living with a stoma and continence issues.

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. This is applicable to UK citizens only

To find out more and to register for a card, call 0300 330 1350 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.



FREE WORLD ASSIST ALLIANCE

Fittleworth is an exclusive UK member of the World Assist alliance: a service that assists people whilst abroad with emergency supply of stoma bags and catheters in certain countries. This service does not send supplies to your destination ahead of your arrival, nor does it send an emergency supply from the UK to where you are staying. Emergency products are obtained from a supplier within the country you are staying, and these products may not be the same but similar to those you are using.

Conditions

World Assist Alliance is free to customers of Fittleworth.

- Available only to those customers who have placed a minimum of three prescriptions with Fittleworth in a twelve-month period
- The service is in the case of an emergency but you should ensure that you take a good supply of product with you
- Available only in certain countries. Contact customer service for full list
- Fittleworth cannot guarantee delivery within 24-48 hours.

World Assist Contact

Call Fittleworth on +441903 731244 for assistance, please note this service is available Mon-Fri 9am-5pm (UK time) excluding bank holidays.

General Advice

Advice for Ileostomates and Colostomates

A change in climate, water, or food can upset anyone's bowels. A sudden onset of acute diarrhoea can lead to dehydration. It is recommended that you increase your daily fluid intake, preferably water, bottled if the tap water is not drinkable. Try to avoid ice, local ice cream or anything that may have been washed in the local water. Too much alcohol can accelerate dehydration. Eat food that has been freshly cooked and has not been kept warm for some time. Ensure you have enough medication with you to combat any episodes of diarrhoea and ensure you have enough stoma supplies. In heat your skin may perspire more and so you may need to change your pouch more often.

If flying, the pressure in the cabin causes an increase in flatus (wind) eating and drinking sensibly may help to lessen wind in the bag. Some people prefer to use a two-piece system which allows to "burp" excess build-up of flatus without having to open the drain clip. Empty your bag before boarding the aircraft.

Colostomates whilst away may prefer to use a drainable pouch so that they do not have to change the pouch as often as a closed pouch.



Colostomates who irrigate their stoma where the quality of the tap water is questionable bottled water should be used to irrigate.

Advice for Urostomates

If traveling in hot climates it is important to drink plenty of fluids to avoid dehydration and help to prevent infection.

If you have a long journey a leg bag can be attached to your urostomy pouch giving you a larger collection capacity take advice from your doctor/nurse on what is available.

Advice for users of Indwelling Urinary catheters and Intermittent Self Catheterisation (ISC)

If traveling in hot climates it is important to drink plenty of fluids to avoid dehydration, avoid the urine becoming concentrated and help to prevent infection and prevent an indwelling catheter from blocking.

Indwelling – Take spare catheter change equipment with you in case of an emergency and store the catheters flat in your luggage. A range of drainage bags are available, please consult with your doctor or nurse for recommendations on products to accommodate long journeys or activities.

Catheter valves are available as an alternative to a bag, take advice from your doctor/nurse as to your suitability to use this product. Larger night bags used in conjunction with the leg bag/ catheter valve can be used over night for the collection of urine. To secure the night bag, a light-weight, foldable night stand is available.

ISC - catheters should be stored in a cool place, out of direct sunlight in accordance with manufacturers guidelines, to prevent any lubrication drying out. If toilet facilities are not readily available, some ISC catheters come with a urine collection bag attached, to find out more you can discuss with your doctor nurse.



Travel Checklist

Prepare a checklist of products and items you need to take with you.

- Take sufficient supplies for your stay away – doubling up on what you would normally need at home is a good starting point
- Split your products between your hand luggage and hold luggage and cut any pouches you are taking as carry on before you travel
- Contact your airline in advance as some will allow an extra luggage allowance
- Pack sharp items such as scissors and flammable items in your hold luggage
- Check with the airline regarding fluid policy: www.gov.uk/hand-luggage-restrictions
- Check with your airline regarding provision of special assistance if required
- If flying, it is advisable to pre-book your preferred seat
- Allow plenty of time to travel and check in early
- In foreign countries drink bottled water, avoid ice and remember to stay hydrated
- Make sure your products are secure and packed in accordance with manufacturer's guidelines
- Obtain a letter from your GP stating you need to carry some essential products in your hand luggage or take a copy of your repeat prescription
- Carry your Fittleworth travel certificate (see travel certificate advice)
- Foreign travel insurance - check the policy for any exclusions
- Take advice from your healthcare professional as to when you can drive following a medical procedure and check with your insurer about any changes in your medical condition
- If travelling by road ensure your products are kept cool
- If travelling by ferry, boat or train, familiarise yourself as to where the toilets are situated
- RADAR keys enable access to accessible toilets throughout the UK – call 02072503222 to order a key (a small charge may be incurred for the key).



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