

Travelling Abroad

- Before travelling abroad, get a copy of the current directory of English speaking physicians in various foreign cities who charge a standard fee.
- To avoid problems when going through customs or luggage inspection, a note from your doctor stating that you need to carry your ostomy supplies on your person (e.g. medically necessary-ostomy supplies).

By having this information translated into the language of the country you are visiting, further problems may be avoided. The note could be kept with your passport.

- In foreign countries, traveler's diarrhea is a common disease of tourists, whether you are an ostomate or not. The most common cause of diarrhea is contaminated water and/or foods.

It may also be caused by a change in water, food or climate. Ostomates lose water and minerals quickly when they have diarrhea. For this reason, you may need medication to stop the fluid and electrolyte loss.

Your physician can give you a prescription for medication to control diarrhea and rebuild stamina. This should be filled before you leave home, since the prescription may not be valid elsewhere.

Be sure drinking water is safe. If the water is not safe, do not use the ice either. Bottled water or boiled water is recommended. Also avoid unpeeled fruits and raw vegetables.

For More Information

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Our Vision

The vision of Western Health is that the people of Western Newfoundland have the highest level of health and well being possible - Your Health Our Priority.



Travelling with an Ostomy



How To Travel With An Ostomy

Many people with ostomies travel widely, from camping trips, cruises, to plane excursions around the world. In the event you are to travel, this brochure will help you during your journey.



In General

- Pack twice as many supplies as you would normally pack, as they may not be easy to get where you are going.

Even if you don't expect to change your appliance, take along everything you need to do so. Leave home fully prepared.

Find out if supplies are available before a long trip. A local United Ostomy Association (UOA) chapter may be helpful.

- Information on ostomy suppliers might be found through UOA chapters, ET nurses, surgical supply firms, medical centers, and hospitals. The local phone directory a good place to look; "ostomy supplies" and "ostomy" may be cross referenced in the index. Also check under Ostomy Association and Canadian or American Cancer Society.
- Make a note of the size, name, order number, manufacturer, and phone number of your appliance. You can work out a way to change your appliance anywhere you travel, even in the woods or on a plane.

If you use a reusable appliance, you can soak it in your favorite solution by putting both in a plastic container with a tight fitting lid or in a plastic bag that "zips" closed. You can also take disposal bags for used appliances.

- Seat belts will not harm the stoma when adjusted comfortably. You may place a clothes pin near the retraction slot to relieve tension on the belt.
- When travelling by car, keep your supplies in the coolest part. Avoid the trunk or back window ledge.
- When you book your flight, you may want to ask for an aisle seat near the washroom.

Travelling By Plane

- Checked luggage sometimes gets lost. When you travel, carry extra appliances and supplies in your carry on bag. Be sure your adhesive remover is non-flammable. Small cosmetic bags with plastic lining or shaving kits work well.

Tips

- Obtain a travel communication card as an aid for dealing with airline security. This can be obtained from the United Ostomy Association (UOA) at ostomycanada.ca or 1-888-969-9698



Traveller's Communication Card

Provided by The United Ostomy Association of Canada Inc., a volunteer-based organization dedicated to assisting all persons facing life with gastrointestinal or urinary diversions by providing emotional support, experienced and practical help, instructional and informational services through its membership to the family unit, associated caregivers and the general public.

Pre-cut all pouches at home in case scissors are not allowed on the plane, check with your airline as some small scissors may be allowed in your main baggage.