

## Checklist before travelling

### Insurance and vaccinations

- Ensure you have insurance to cover your IBD & obtain an EHIC card for travel in Europe.
- Visit a travel clinic 8 weeks before your trip for advice to ensure you get adequate vaccinations before your holiday.

*Remember you cannot have live vaccines (yellow fever, chicken pox, oral thypoid, oral polio, MMR, oral Cholera) if taking immunosuppressant medication.*

### Medication

- Get a copy of your prescription to take with you.
- Take enough medicines/medical supplies to cover the whole time you will be away and any possible delays.
- Take an emergency kit with you.
- Pack your medication, any medical supplies and your 'emergency travel kit' in your hand luggage and check with the airline for any product restrictions.
- Ask your IBD specialist to complete and print off the travel with medication letter from this website to cover any medication that needs to be carried in syringes.
- Obtain a written management plan (or at least a recent clinic letter) outlining your medical history.
- Ensure you know what symptoms should make you seek medical attention and what you should do for mild, moderate and /or severe symptoms, immediately.
- If you are travelling from more than 3 months and take controlled drugs, ensure you have an import/export drug licence for each country you plan to visit.
- Take details of your own doctor and IBD team, including phone number and email address.
- Search the IBD connections area of this site for details of doctors in the places you will be staying.

### Make travel more comfortable:

- Consider joining MedicAlert
- If you have a stoma, for foreign travel get a Travel Certificate from the Colostomy Association/ stoma nurse and check whether supplies can be delivered to your destination.
- Get a foreign language 'Can't Wait' card from your country's Crohn's and colitis organisation (i.e Crohn's & Colitis UK)
- Contact your accommodation about en-suite, laundry facilities and in-room fridges.
- Check availability of toilet facilities on transport you will be using and where possible, book a seat near the toilet.
- If flying, inform the airline of any special dietary requirements and try to pre-book an aisle seat.