

## Holiday checklist

Action	Check
Passport	
Travel Certificate	
Holiday Insurance (have you checked that your policy covers your stoma and any medical conditions you may have?)	
Telephone number/email address of your supply delivery company	
Telephone number/email address of your stoma care nurse	
Telephone number of your emergency insurance and credit card loss number	
Ostomy supplies in hand luggage, some pre-cut for the journey (make sure you have enough to last the holiday and some extra for emergencies/delays)	
Disposal bags in hand luggage	
Wipes in hand luggage	
Scissors in bag to go in hold	
Liquid cleaners and deodorants in bag to go in hold	
Medication to stem diarrhea/consider obtaining drainable pouches in addition to usual supplies	
Rehydration sachets	
Smaller pouches for swimming and bathing	
Small holder for pouch changes on the journey and when you are out and about	
Remember to buy water at the airport (after the security checks) for the journey, especially if you are travelling to a hot country	

# Hints and tips

## Before travelling:

- From the night before and during the day of travel, avoid food and drinks that might cause your stoma to become “lively”.

## At the airport and security:

- Carry your travel certificate on your person in case you need to provide proof of a stoma to a security officer.
- Wear loose clothing so that your bag is not restricted and therefore uncomfortable on the journey.
- Remove items of clothing that might trigger the security scanners; jewellery, belts, large metal belt buckles etc.
- Change your bag just before you go through the security. Try and have an empty bag when going through the scanner.
- Remember if you are stopped at security you can ask them to search your bag in private, explaining that you have medical supplies in there.
- It may help if you have all your medical supplies in clear see-through bags.

## On the plane:

- Carry a small bag with a day’s supply, as you take your seat on the plane this can then be removed from your hand luggage for easy access during the flight.
- You may need to change your appliance whilst on the plane, you will need to think about how you will change your appliance inside the confines of a small aeroplane toilet. Remember to put in wipes. Sometimes tissue runs out towards the end of a flight.
- Dispose of your used appliance (which has been safely tied in a disposal bag) in the toilet bin on the aircraft.

## Eating and drinking whilst on holiday:

- It is important to keep your fluid levels normal especially if you are going to a warmer climate. It is better to sip your drink rather than drink quickly to quench your thirst.
- If you are unsure of the hygiene standards then it is better to go for cooked food as a salad could have been washed in water that may upset you.
- Drink bottled water while abroad unless you are sure of the local supply. It is advisable to avoid ice in your drinks.
- It is a good idea to take an electrolyte replacement solution in case you become dehydrated.
- It is worth speaking to your stoma care nurse, GP or pharmacist prior to travel about medication for firming things up if your stoma output increases or loosening if you become constipated.

## Disposing of appliances abroad:

- Like at home, it is acceptable to dispose of your bag in the bin. Simply ensure it is secured in a disposal bag. If you are staying in a hotel, then you can use the bathroom bin.

## Swimming and sunbathing:

- Most manufacturers make appliances in smaller sizes for maximum discretion and you can request samples of these.

## Whilst on holiday

- If abroad, use bottled water to clean around your stoma or before going away ask your supplier for a number of (free) surgical wet wipes.