



Travel tips for ISC users

The unfamiliar is what makes travelling exciting; you can explore different cultures and discover new places. However, when you have a medical condition, you want your ISC routine to remain the same wherever you are, so you can feel confident and secure on your travels. In this factsheet, we'll provide some useful tips to help you enjoy both your destination and your journey, whether you're travelling by car, plane or train.

Preparing for takeoff - our top tips for flying

The hassle at airport security, the many hours on-board and the tiny (and always occupied!) toilet can be a source of anxiety if you have bladder issues. Here are some things you can do to make flying easier:



Book the best seat:

When you book your flight, try and book an aisle seat close to the toilets so it's easy for you to get to. If you're in a wheelchair, ask in advance whether the aircraft has an accessible toilet and if the staff offer assistance with getting there. This is especially important on long journeys where you need to catheterise on board. For this, you could consider a catheter and bag solution. If you need to catheterise in the seat, ask the staff for a blanket for some privacy.



Plan the journey:

It's important that you stick to your catheterisation schedule during flight. Look at your flight plan and transfer times and plan when to catheterise. You might prefer to do it close to boarding instead of on the plane.



Prepare for security:

Some catheters contain liquids and you might need to bring lubricants or sanitising gels on-board. To avoid problems or questions at security, ask your doctor to write you a note or take a travel certificate to explain discreetly why you are carrying liquids and medical devices. You can request a travel certificate from Coloplast Charter by calling 0800 132 787.



Pack smart:

Baggage can be delayed or lost. Pack plenty of catheters and supplies in both your check-in baggage and in your hand luggage. If you're going to be away for a long time, investigate if you can get extra catheters shipped to your destination.

Hit the road...or rails! Top tips for travelling by car, bus or train



Train:

Enjoying the landscapes while you relax on a train is a good way of travelling if you have bladder issues, as there are toilets on-board. When you book your tickets, ask how the station is equipped when it comes to toilet facilities and also ask for a seat near an on-board toilet.



Car:

If you are the driver, you are in control and can decide when to take breaks. But if you are the passenger, prepare the driver in advance about your need for breaks. If the driver doesn't know about your bladder issues, it might be a good idea to tell them, that you need to go, when

you need to go. Just say you need to use the bathroom at fixed times – no more explanation is required.



Bus:

Some buses have a tiny toilet onboard (usually involving stairs). If this is inconvenient for you, ask the bus company in advance when the planned breaks are, so you can see if you can make it fit with your own catheterisation schedule. You can also consider bringing a catheter-and-bag solution, enabling you to catheterise on the bus. Pack a blanket as well for privacy.

How to pack for travels

When you are away from home you may want to bring more than just your catheters to ensure that you can catheterise in a safe and convenient way regardless of the toilet facilities. We recommend taking a separate toilet bag for all your essential items. This ensures that you have everything you need for your normal routine.

How to store catheters

Your catheters are best kept dry and at room temperature. However, most catheters will not get harmed by being stored at temperatures below 0°C (32°F) and up to 60°C (140°F) for up to 24 hours. You would not need to worry about catheters stored in your suitcase in the aircraft hold. If you're going somewhere with extreme temperatures call the Coloplast Charter team for advice. Make sure your catheters are at temperature before you use them. If they are too cold, place them close to your body to warm them up before use.

These are general guidelines meant to help you with typical questions. You should follow the specific instructions provided by your doctor or nurse for the catheter you are using.

Packing List



Pack what you need depending on your routine:

1. Catheters (always pack extra)
2. Disposable gloves
3. Antibacterial gel or handwash
4. Handheld mirror
5. Plastic disposal bags (for used catheters, accessories etc.)
6. Absorbent pads or liners in case of leakage
7. A bottle of water to keep hydrated - if travelling by plane, buy this once you're through security
8. Paper towels or tissues

Don't forget your travel certificate!



If you're travelling abroad, get in touch with the Coloplast Charter team before you go and they'll issue you with a travel certificate. Written in multiple languages, this document will explain that you are carrying medical supplies and help to avoid any problems with airport security.



More support

If you did not find all the information that you need in this factsheet, you can contact Coloplast Charter on **0800 783 1434** for advice and support. Alternatively, you can visit www.coloplastcharter.co.uk or discuss your questions and concerns with your healthcare professional.