



FREE
Travel Certificate
INSIDE

TRAVEL ADVICE

National: 0800 378 846
Scotland: 0800 783 7148

Outside Uk: +44 1903 734 140

www.fittleworth.com



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 ostomate 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

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

Healthcare Treatment Abroad

On 1 January 2021, the European Health Insurance Card (EHIC) was replaced with the UK Global Health Insurance Card (GHIC) for all EU countries.

If you've already applied or wish to apply for an EHIC, you'll now receive the new GHIC instead, in most cases the GHIC Card is free and should be applied for using the NHS website. Applying for healthcare cover abroad (GHIC and EHIC) - NHS (www.nhs.uk)

If you are travelling within the E.U. there are reciprocal agreements which entitle you to free emergency treatment while abroad, and you will need to provide proof of 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 01903 734140 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.

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
- 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 01395 265543 to order a key (a small charge may be incurred for the key).



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PHONE...

Freephone National:
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Freephone Scotland:
0800 783 7148
Outside UK, please ring:
+441903 734 140



ONLINE...

www.fittleworth.com



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