



# Travel Guide

*for Catheter Users*



**Coloplast**

# Travel Guide



Being well prepared is a good first step for a carefree holiday! To help you get ready for your vacation, we have gathered some information and a few tips for you in this travel guide.

These are general guidelines meant to help with a few commonly asked questions. You should always follow the specific instructions given by your healthcare provider.

## Before going away: What to remember

**Order extra products** and order them well in advance. That way, you'll be sure you have enough products in time for your trip.

*TIP: It's a good idea to order some compact catheters to bring along. Compact catheters have three main advantages when you're on-the-go:*

1. Compact catheters are pre-lubricated and ready to use. This also reduces the chances of bacteria and thus UTIs (compared to non-lubricated catheters).
2. They're discreet and clean. You can toss them in the trash or keep them in your pocket after usage.
3. They can hide in plain sight!



**Note the name of your product(s)** on your **travel certificate** - taking a picture of them to have on your phone may also be a good idea, just in case.



**Bring your travel certificate** with information in several languages.



**Pack a smart kit** so that you have all the supplies you may need with you on-the-go.



**See our packing list** and arrive to your destination with the things you need.



**When booking your ticket**, it might be a good idea to book a seat near the bathrooms as being closer to a toilet may help ease your mind.



**Buy travel insurance** - worry less!

**COVID-19:** Remember to check the COVID-19 restrictions at your destination and plan accordingly. Extra masks are always handy to have! You can also view our handwashing guide [here](#).

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## On the way: Your products



Keep in mind that temperature has an impact on your products, so think about how this might affect your packing plans. If applicable, keep some supplies in the glove compartment in your car and/or bring some in your hand luggage if travelling by plane.

## Storage of intermittent catheters

We recommend that you store your products at room temperature at all times. Be aware that the colder the catheter is stored the stiffer it will feel, so it may be a good idea to warm the catheter while it is still contained in the package with your hands prior to opening.

## Hot climates and uridomes

If you are using a urine bag and are spending time in a warmer climate, be aware that the male external catheter may stay on shorter than usual as you will be producing more sweat. It's important that you bring more catheters than you are used to, just in case.

## Using a catheter: **Plan your schedule**



Plan your visits to the bathroom. If you're travelling by airplane, catheterize as close to boarding as possible. Try to plan all other bathroom visits during your stay, allowing time before or after an event. Set a watch or phone alarm, if you're worried that you might forget!

## Can I travel with **irrigation equipment**?

Yes - remember to bring your irrigation system along with lots of disposable catheters, as they may not sell them everywhere. If you are going to use the system abroad, use bottled or cooled boiled water in places where the tap water is not safe to drink. Remember, in different time zones your body may take a while to get used to a new routine. You may also be eating different types of food, which can affect the bowels.

# Shailynn's Tips



## Her story

Being a catheter user has changed my life, and has given me confidence and independence I had never experienced before.

Today, I can drink whatever and whenever I want. I no longer shy away from road trips and airplanes because I have a method and product I trust that I know I can use wherever I am.

I am so proud to say I am a catheter user who relies on quality products from Coloplast to put my anxieties to rest.

## Communicating with your airline

It's really important to communicate with your airline from the very beginning of the process. Make sure you get all your supplies approved, if necessary, before getting to the airport. For me, I typically have to provide information on what kind of battery my wheelchair uses, all of my service dog's vaccinations and registration card - that kind of thing. I use the SpeediCath compact set on planes, and they don't contain liquid above the allowed 100ml so I can bring them with me in my carry-on luggage.

## Travelling with a wheelchair

My wheelchair weighs 400 pounds – so making sure that the airline knows beforehand how many people will be required to assist in getting it (and me!) on and off the plane is super important.

## Bringing a service animal

When I've let the airline know that I'm flying with my service dog ahead of time, they'll typically provide a free seat next to me for him. He's not allowed to actually sit on it, but gives him some extra space! That way, we're both more comfortable during the flight.

## Tips for catheter users

My first tip is to bring a LOT of catheters in your carry-on. I've had luggage get lost before, and so I always recommend you have 3-4 days worth in carry-on just in case. In addition to that, pack more than you think you'll need in your checked luggage. A lot of times it's really difficult to coordinate getting catheters when you're travelling, so save yourself the stress and just bring extra.



*"Travelling is a really important part of my life and job, and my catheters have never gotten in the way."*

Shailynn,  
SpeediCath® User\*

\*Shailynn received compensation from Coloplast to provide this information. Each person's situation is unique, so your experience may not be the same. Talk to your healthcare provider about which product might be right for you.

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## Bathrooms

If possible, make sure all the places you want to visit have bathrooms available beforehand - especially if you require one that is wheelchair accessible. Search them online or give them a call if you're in doubt.

*TIP: Check if it is common to pay a fee for using bathrooms and make sure to have small change in local currency on you.*

Learning the word for "bathroom" in the local language can be very helpful. If you have a disability, it might be possible to get a card you can show. Ask your healthcare provider or your local association about it.

## If you are travelling by plane



### Preparations you can do from home

When booking your ticket, it might be a good idea to book a seat in the back row near the bathrooms.



### Security check

Prevent trouble at security by bringing a travel certificate. It explains your condition, the medical supplies you are carrying, and why you might need support and privacy as you go through security.



### Bringing liquids

None of the Coloplast catheters hold more water than the allowed limit. Remember, it's possible to see the catheter through the packaging when your luggage goes through security, so you can hopefully avoid having to open any packages.

Remember that there are restrictions on the amount of liquids you can take in your hand luggage. If possible, pack liquids in your hold baggage. Liquids include: all drink, liquid or semi-liquid foods, cosmetics and toiletries, sprays, pastes, gels, contact lens solution and any other solutions and items of similar consistency.

If you do take liquids in your hand luggage, containers must hold no more than 100ml, and containers must be in a single, transparent, resealable plastic bag.

*For more information look at the website of the airport you are travelling from before going.*

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## At your destination



### Food and drinks

When you travel in hot climates, you risk becoming dehydrated. Most people should aim to drink 1.5-2 liters of water per day, unless your healthcare provider says otherwise. When it's hot outside, you need to drink even more water.

## Keep in mind

- If you're not sure about the quality of the drinking water, buy bottled water.
- Don't brush your teeth in tap water - use bottled water instead.
- Avoid too much alcohol, caffeine, and sweet drinks - they increase your chance of getting dehydrated.
- You may also need to be careful with ice, fruits, and vegetables, depending on where you're travelling.
- Keep a bottle handy at all times so you can take frequent sips of water.

## How do you know if you've consumed enough water?

One way to gauge your hydration level is to look at the colour of your urine. If you're well-hydrated, it will probably be pale and you'll urinate regularly throughout the day.

## What to think about when eating

- Whatever you eat, make sure it's cooked to "well-done" - especially fish and meat.
- Try to eat food that's high in fibre.
- Don't eat raw fruits or vegetables washed in tap water.

## In case of emergency



It is worthwhile to find out in advance where and how you can get medical assistance at your travel destination. If you're going on a longer trip, you should check whether it is possible to get the supplies you need locally. Your regular supplier might even arrange delivery abroad for you - just make sure to ask well in advance!

# Coloplast Care



## Coloplast Care: Personal support for you

**Coloplast Care** is a product and lifestyle support program that guides you to a better life through simple, straightforward advice about bladder management. We offer a helping hand whenever you need support along with the tips and tools you need to take control of bladder issues.

### Coloplast Care offers you:

- ▶ **Online support**  
A dedicated website with articles and reliable advice from healthcare professionals and real users.
- ▶ **Phone support**  
Advisors ready to answer questions and provide support.
- ▶ **Emails**  
Inspiration relevant for your situation, sent directly to your mail box.
- ▶ **Product guidance**  
Access to product samples on request.

Join us today at:  
[www.bladder.coloplastcare.ca](http://www.bladder.coloplastcare.ca)  
or call us at +1-866-293-6349

\*Information from Coloplast Care is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.

### [Ostomy Care](#) / [Continance Care](#) / [Wound and Skin Care](#) / [Interventional Urology](#)

Coloplast develops products and services that make life easier for people with very personal and private medical conditions. Working closely with the people who use our products, we create solutions that are sensitive to their special needs. We call this intimate healthcare. Our business includes Ostomy Care, Continance Care, Wound and Skin Care and Interventional Urology.

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