



## Traveling

"To travel is to live", said the famous Danish author and poet Hans Christian Andersen. Traveling is where we explore new places, learn about different cultures and experience things that are out of the ordinary.

The unfamiliar is often what makes traveling exiting. However, if you have a medical condition, there are certain things that you don't want to be different from at home. You want your feeling of security, confidence and privacy to stay the same. No surprises, please!

Whether you are traveling just for work or pleasure, your regular schedule and routine will often get thrown out the window. This might mean spending a long time waiting and using restrooms that are maybe less hygienic than you are used to.

We're happy to offer some packing and planning tips that can help you enjoy both your destination and your journey, whether you travel by plane, car, bus or train.

Have a safe trip!

*These are general guidelines meant to help you with typical questions. You should follow the specific instructions provided by your doctor or healthcare professional.*

### ***Did you know?***

You can find more helpful tips and resources  
on the Coloplast Care website!

***[bladder.coloplastcare.ca](http://bladder.coloplastcare.ca)***



# How to prepare for takeoff

The 4 things you need to know about flying.

## Our tips for air travel

The hassle at the airport security, the long hours on board and the tiny (and always occupied!) washroom 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 book an aisle seat close to the washroom, so it's quick and easy for you access. If you're in a wheelchair ask in advance if the aircraft has an accessible toilet and if the staff offer assistance with getting there. This is especially relevant on long journeys where you may need to catheterize on board. If you need to catheterize in the seat instead, ask the staff for a blanket.

### Plan the journey:

It's important that you stick to your catheterization schedule during flight. Look at your flight plan and transfer times and plan when to catheterize. You might prefer to do it just prior to boarding instead of on board the plane.

### Prepare for security:

Some catheters contain liquids and you may need to carry lubricants or sanitizing gels. Ask your doctor to write you a note or bring a travel certificate or Coloplast travel card, to discreetly disclose that your baggage contains medical devices.

You can request your Coloplast travel Card at [www.coloplast.ca/travelcardoffer](http://www.coloplast.ca/travelcardoffer)

### Pack smart:

Baggage can be delayed or lost. Pack plenty of catheters and supplies in both your checked baggage and in your carry-on. If you'll be away for a long time, investigate if you can get extra catheters shipped to your destination.



**Order your FREE Coloplast travel card!**



[www.coloplast.ca/travelcardoffer](http://www.coloplast.ca/travelcardoffer)



**1-866-293-6349**



# Hit the road – or rails

What to consider when you travel by car, bus or train.

## Train

Enjoying the landscapes while you relax into the train's gentle rhythm is a good travel option if you have bladder issues, because there are toilets onboard. When you book your tickets, ask how the station is equipped when it comes to restrooms and also ask for a seat near a restroom.

## 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 it is someone who doesn't know about your bladder issues, it might be good to tell them, that you

need to go, when you need to go. Just say you need to use the restroom 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 catheterization 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.



# Pack smart!

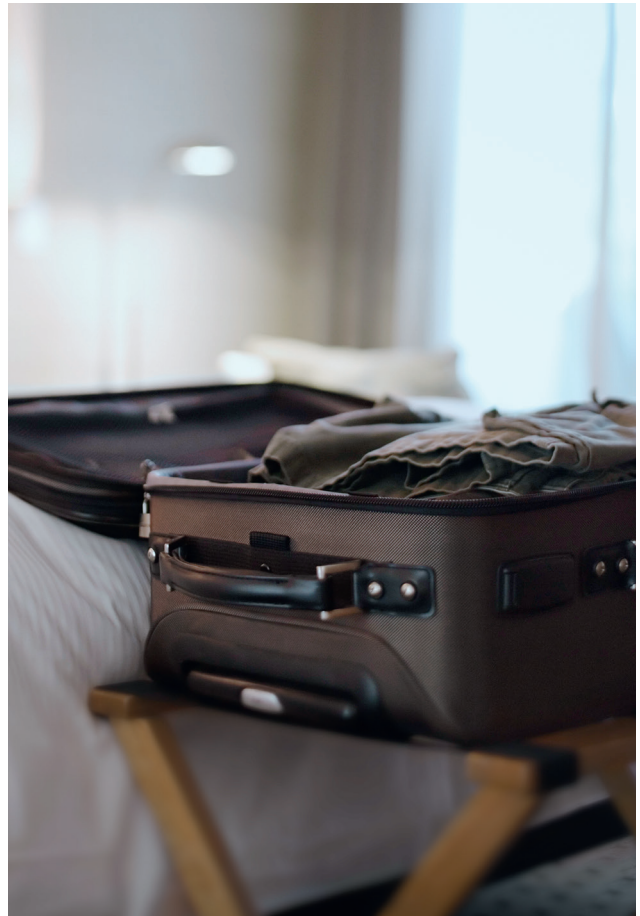
Compact intermittent catheters don't take up much space in your bag. But when you are away from home you may want to bring additional supplies to ensure that you can catheterize in a safe and convenient way regardless of the washroom facilities.

So when you are traveling make sure that you have everything you could possibly need.

## How to store catheters

Your catheters are best kept dry and at room temperature. However, most catheters will not be harmed by being stored at temperatures below 32°F (0°C) and up to 140°F (60°C) for up to 24 hours. You would normally not need to worry about catheters, stored in your suitcase in the aircraft hold. If you're going somewhere with extreme temperatures call our Care Team for advice. Make sure your catheters are more or less room temperature before you use them. If they are too cold, you can place them close to your body for a while 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 and catheter you are using.*



## Ideas for what you could pack – depending on your needs:

1. Catheters (always pack extra)
2. Extra underwear and maybe extra pants
3. Disposable gloves
4. Wet wipes/towelettes
5. Antibacterial gel or hand wash
6. Handheld mirror
7. Plastic bags (for used accessories, used catheters or wet garments)
8. Pads: an absorbent pad or liner in case of unexpected leakage
9. A bottle of water (if traveling by plane, buy this after you go through security)
10. Paper towels or tissues

*The Coloplast Care team is only a phone call away!*

**1-866-293-6349**

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