

Travel Guide

*for People
with an Ostomy*



Jurgen*
User | Ostomy Care

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 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.

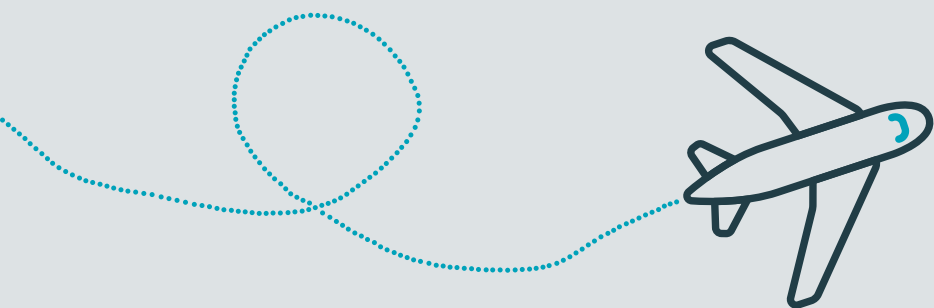


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Before Going Away: What to remember

1

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

2

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



Need a travel card?

[Click here to order yours today!](#)

3

See our **packing list** at the end of this guide to arrive with everything you need.



4

Pack a **small travel bag** to keep the essential supplies with you when you're traveling or out-and-about.

5

Cut **your barriers to the right size** - it's more convenient when you're on-the-go.

6

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

7

Be sure to check whether your **credit card provider or health insurance includes travel insurance** for added peace of mind.



Renee*
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Accessing 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: *Some places around the world require you to pay a small fee for using bathrooms, so 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.

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. Cut your barriers to the right size at home as you will not be allowed to bring your ostomy scissors through airport security - pack those in your checked luggage!

Security check

The security scanner might detect your pouch, even if it's empty. However, you don't have to show your pouch, and security should not ask you to remove clothing to expose it or let them touch it.

You may be asked (or you can volunteer) to rub your hand against the pouch on the outside of your clothes to rule out explosives, but that should be the extent of the examination. You can always show them your travel certificate, which explains your condition, the medical supplies you are carrying and why you might need support and privacy.

In the air

There is a slight risk that the pressure will cause the pouch to balloon. If this should happen, all you need to do is go into the bathroom and empty your pouch. Ballooning is often caused by something you ate or drank – so when you're flying be extra careful with carbonated drinks.

If you are a little self-conscious about noise from the pouch, remember how noisy an airplane cabin is!



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



Nadia's Tips for Traveling with an Ostomy

Nadia received compensation from Coloplast to provide this information. Each person's situation is unique so your experience may not be the same.

In January 2023, I underwent life-saving ostomy surgery after living with IBD for 25 years and receiving a colorectal cancer diagnosis. Throughout my healing journey, I was determined to continue doing all the things I loved before surgery—including traveling—even with my new “baggage.”

Traveling with an ostomy can seem daunting at first, and it's completely normal to feel apprehensive. But with preparation and a positive mindset, it's absolutely possible. I've taken several trips with my ostomy, whom I affectionately named Stormy. Together, we've enjoyed overnight getaways and even a family vacation to Jamaica.

Before booking my first trip with Stormy, I spent a lot of time thinking about destinations and how to ease my mind. Ultimately, I reminded myself: the only way out is through. I needed to face my fears—and I'm so glad I did.

Here are some of my favourite tips & tricks for travelling with an ostomy:

Before You Travel



Supplies

- Pack extra supplies. I bring double the amount I think I'll need, just in case ostomy products aren't available at my destination. I keep most of them in my carry-on and the rest in my checked luggage. (For reference, I use the Coloplast SenSura® Mio 2-piece system.)
- Pre-cut your flanges to avoid carrying scissors in your carry-on.



Accommodations

- Contact your airline to inquire about accommodations for travelers with medical equipment. I submitted a special assistance request and chose an aisle seat for easier bathroom access.



Ostomy Management

- Change your appliance the night before or the morning of your trip. Starting the day fresh helps me feel more confident and prepared.

At the Airport



Security Check

- Have documentation for any approved special accommodations.
- Inform security staff that you have an ostomy and are carrying medical supplies, which may include liquids.



Ostomy Management

- Empty your pouch before boarding to reduce the need for in-flight bathroom visits.



During Travel



Ostomy Management

- Keep supplies accessible in case you need to use the bathroom.
- Pack extra clothing in case of a leak.
- Be aware of air pressure changes. These can cause your pouch to balloon, so sitting near the bathroom can be helpful.



Self-Care

- Bring comfort items like a favorite book, music, or activity to stay calm and relaxed. A clear mind makes everything easier.



Food

- Stick to simple, whole foods that are easy to digest.
- Avoid foods that cause thicker output to reduce the risk of pancaking and leaks.

At Your Destination



Hydration

- Stay hydrated! I always bring electrolyte packets to add to water for easy hydration.



Supplies

- Store your supplies in a clean, dry place.
- Know where to find local ostomy supplies in case of emergency.



Ostomy Management

- Monitor your appliance in warmer climates, especially when using sunscreen or swimming. Check your flange seal regularly and be prepared to change your appliance more often if needed.

Most Importantly—Have Fun!

Don't worry about what others might think. Ostomies are life-saving. Mine saved me from the spread of colorectal cancer and cured my IBD. Wear your ostomy loud and proud!

On the Way: Your products

We do not recommend that you leave your products in the car for long periods of time during hot weather, since the heat may damage the barrier adhesive. Your supplies should, if possible, be stored at room-temperature.

At Your Destination

Going somewhere warm?

Remember to apply sunscreen after you put on your pouch. The lotion could affect the adhesive barrier and make it harder to stick. If the climate is warm enough to make you sweat more than usual, you may need to change your pouch more frequently.

Make sure your skin is completely dry before you apply a new pouch for good adhesion. It can be a bit tricky if the weather is hot and humid.

Simone*
User | Ostomy Care





Swimming

Always make sure that the barrier sticks properly before going swimming – give it some time after applying to adhere to the skin. Be aware that the water can affect the adhesion negatively, so you may need to change your product more frequently.

In case of emergency

It is well 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!

Packing List

Ostomy specifics

- Ostomy bags (plus a few extra in case of delays)
- Accessories (we have convenient travel-size wipes in our [Brava® Adhesive Remover](#) and [Brava® Skin Barrier](#))
- Ostomy scissors ([request a free pair here](#))
- A small travel bag to keep your supplies with you when you're out and about
- Travel certificate (ideally also a version in the native language of your destination)
- Dry wipes
- Disposable bags
- Filter cover stickers (for if you go swimming)
- Mini or midi pouches and mini high output if you desire discretion while travelling and/or swimming

Add your own notes:

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Information and help

Coloplast Care

You can get help from a Coloplast Care Advisor!
We are available from 9:00 am to 5:00 pm (EST) at:

1-866-293-6349

www.coloplastcare.ca

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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 health care professional who knows your individual history for personal medical advice and diagnosis.

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