



Holiday Advice for people with a Stoma

Making life simpler for you



ConvaTec



This booklet has been created with the support of Stoma Care Specialists and Amcare™ Group Nurses to provide you with general holiday advice for both UK and abroad.

Just because you have had a stoma doesn't mean you can't take a holiday. With a little preparation there should be no reason why you can't jet off to the opposite side of the world; head for warmer (or colder) climes on a cruise; or take the caravan on the road in the UK and Europe; or Inter-rail to wherever you please.

Many people who have just had a stoma operation associate even some short journeys with a degree of trepidation.

By simply being aware of potential issues before you begin your holiday you can certainly alleviate, or in most cases, dispel the stress completely.



Travel Insurance

Travel insurance is, of course, essential for everyone when holidaying abroad.

Check carefully to ensure you are not excluded by age limits or pre-existing medical conditions. If you are in any doubt about travel insurance cover, see your Insurance Broker or Travel Agent, who will advise you further.

Currently, within the European Union (EU) and some other countries, the UK has agreements that the state will provide free emergency treatment if required. To be entitled to this you must carry an E111 card.

These can be applied for either online at www.gov.uk/european-health-insurance-card or through

your local Post Office.

Finally, chances are you won't be needing it, but full information on what this card covers and how to access treatment is available at www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/about-the-ehic.aspx so familiarise yourself with any contact numbers and procedures before you head off to enjoy yourself.

Holidaying in the UK

You might find it useful to have a RADAR key which you can use to enter accessible toilets across the UK. These are available to purchase

through CRM.disabilityrightsuk.org or you can receive one for free when you sign up to our exclusive me+™ programme.

Packing your Ostomy Products

With a prepared checklist, packing your appliances and accessories should be straightforward. In general it's wise to keep some of your items together as hand luggage so you have them within reach at all times; a second more substantial set in your suitcase; and a small essential 'Travel Kit' that you can use

discreetly at any toilet facilities as and when needed.

Some people who have an ileostomy or urostomy might be prone to anxiety about leakages during the night. Ensuring you have a plastic mattress cover or sheet will prevent the mattress being damaged and give you peace of mind.



IN THE KNOW Check out our Travel Checklist on pages 14-17

Fashion on Holiday

I think most people would say they go on holiday to relax and have fun and part of that enjoyment is to wear what you want

People these days are more accepting of stoma medical conditions so in reality there are very few restrictions on what you 'could' wear.

The only major recommendation is to be careful not to choose tight body hugging clothing that might restrict your appliance from doing its job.



IN THE KNOW In our exclusive me+™ members area take a look at our blog section where you can read our advocates experiences of holidaying with a stoma.



Swimming

Swimming is a great exercise and many people find it really relaxing... especially on holiday.

You may feel self-conscious at first about how you will look in your swimming costume or trunks/shorts but remember, people in the pool won't be looking at you and scrutinising what you're wearing – they're too busy having fun.

The first thing to do is to ensure you're properly healed before taking to the pool. Speak to your nurse for advice on when might be the time and what products are available.

Take time to familiarise yourself with the options. There are lots of different items available that make swimming easy and worry-free.

Modern adhesives are designed to work in the water and, in fact, the water can increase the strength of the adhesive. Have a trial run in

the bath at home to build up your confidence that your pouch will stay in place.

You don't need special swimwear and you'll probably find your old swimming gear does the job. If you'd like a bit of extra security Ostomysecrets™ offers swim wraps for men and women. These wraps can be worn underneath your pre-surgery swimwear to keep the pouch in place.

If you're thinking about changing your swimsuit, some women find that a ruched or patterned swimsuit makes them feel more confident. For men, you may find that a higher waisted swimming short is more comfortable – and some men wear a t-shirt or rash vest.



IN THE KNOW Ostomysecrets™ also offers specialist swimwear. The trunks and swim bottoms have a higher waist to cover your wafer and pouch; while the inner pocket keeps your ostomy pouch in place. The company's founder has a stoma so the garments are all designed based on her experience and that of her team.

If you're interested, visit their website at www.ostomysecrets.co.uk or call 0800282254.

Getting through Customs

Before you leave it's always wise to make sure you have all the correct travel documents and local currency well in advance.

I'm sure you will already have the usual items – passport, flight tickets, accommodation details, visas, transfer times etc., but you might find the Customs Guide in the back pocket of this brochure really helpful.

This explains in English, French, German, Spanish, Italian and Greek, all about your condition and what your appliances and medication are for, and will help avoid any embarrassing questions as you're going through Customs.

Travelling by train

Most trains, with the exception of some local train services, will have toilet facilities but it's always best to check. If you're booking in advance you can usually reserve a seat close to the toilet.

As with all other types of travel, remember to pack a hand-held travel kit and avoid leaving this where it can be easily removed or lost.

Not all trains have buffet cars so make sure you have plenty of fluids to drink and something to eat – it's really important to remain fully hydrated.

Taking an over the counter diarrhoea

medication at the first sign of trouble will usually stop diarrhea in its tracks. If you become dehydrated, sports drinks and rehydration powders are useful to replace lost salts. These are available from many shops and pharmacies both in the UK and abroad. Why not plan ahead and ensure you have them when you pack for your holiday, just in case?

Travelling by air

Remember to always keep a travel kit of your ostomy appliances in your hand luggage as well as in your checked-in luggage.

Have these pre-cut or mouldable because scissors must go into your checked-in luggage.

Some airlines will allow additional weight allowances for medical supplies but always check before travelling.

Pack as many ostomy appliances and accessories as you would normally use. There's nothing like feeling safe to help you enjoy your break.

Should you be unlucky enough to suffer from diarrhoea and you normally use closed pouches, it might be wise to pack a few drainable versions in case of emergency. Taking an over-the-counter diarrhoea medication at the first sign of trouble will usually stop diarrhoea in its tracks.

It's always tempting prior to flights to miss meals....don't, it simply knocks your body out of sync. Do drink lots of fluids but avoid alcohol and fizzy drinks because the change in air

pressure, whether you have a stoma or not, can often cause wind to be an issue.

If you can, book an aisle seat and think ahead... try to avoid queues at the onboard toilets after meals. Try to avoid the duty-free and meal trolleys blocking the aisle on medium and long haul flights making getting to the toilet more difficult. Seat belts must always be worn as requested. They're for your safety, but try to position yours above or below your stoma, not across if at all possible.

If you become dehydrated, sports drinks and rehydration powders are useful to replace lost salts from sweating and diarrhoea. These are available from many shops and pharmacies both in the UK and abroad. Why not plan ahead and have them when you pack for your holidays?



IN THE KNOW ConvaTec Mouldable pouches are most suitable for air travel because they do not need scissors. Instead they have rebounding memory technology that moves with your stoma.

To try a FREE sample call 0800 282 254 and quote Travel 15.

Travelling by road

Travelling by road usually doesn't cause an issue because there are many roadside service stations and many of them have toilet facilities.

Most coaches also have toilet facilities but please check with your booking agency beforehand if you are going on a long journey.

As with all other types of travel, remember to pack a hand held travel kit and avoid leaving this in the car / coach in warm weather to avoid the risk of adhesive melt. An insulated bag is recommended for warmer weather / hot climates to try to reduce this risk further. Don't store items in your glove compartment as this heats up considerably.

Try to ensure your seat belt sits across your hips rather than your abdomen where your stoma usually

lies. For extra protection there are low cost cushion devices that slip onto the seat belt. These will make you more comfortable whilst retaining the level of protection you need.

Taking an over the counter diarrhoea medication at the first sign of trouble will usually stop diarrhoea in its tracks. If you become dehydrated, sports drinks and rehydration powders are useful to replace lost salts. These are available from many shops and pharmacies both in the UK and abroad. Why not plan ahead and ensure you have them when you pack for your holiday, just in case?

Travelling by water

Travelling by boat / ship usually doesn't cause an issue as they usually all have toilet facilities.

As with all other types of travel, remember to pack a hand-held travel kit and avoid leaving this where it can be easily removed or lost.

Be aware that during rough seas the toilet might be busy – so think ahead.

Cruise liners will usually have medical facilities available should the need arise. Consult your tour operator or booking agent beforehand to ensure you know how these are accessed.

When travelling by road, don't store items in your glove compartment as this heats up considerably.



Holiday Accommodation

If at any time you feel your ostomy appliances and accessories are not safe, check with the General Manager to see if there is somewhere they could store the majority of your items to keep them secure.

Most ostomy suppliers provide guidelines for the storage of appliances and accessories but as a general rule of thumb, bathrooms are generally the coolest place to store items when abroad as long as they aren't too steamy.

Remember to keep your Travel Kit re-stocked as you use items. Most foreign hotel accommodation now has en-suite bathrooms so pouch changes should be as easy and discreet as it would be at home. If having a private bathroom is in any way a concern, double check with your travel agency or booking agent.



More information about the importance of hydration and diet can be found in our me+™ Lifestyle Programme. For more details speak to your Stoma Nurse or:

FREEPHONE

UK: 0800467866 **ROI:** 1800721721
(M-F 9:00am until 5:00pm)

VISIT OUR WEBSITE

UK: www.convatec.co.uk/meplus
ROI: www.convatec.ie/meplus



Food and drink

Everyone should be able to go away on holiday and indulge themselves. With an element of planning and being sensible about food and drink, there's absolutely no reason why you shouldn't too.

Remember, always drink plenty of fluids especially if you are holidaying in a hot climate. Moderate your intake of alcohol and caffeine drinks as they can lead to dehydration. If you do become dehydrated, sports drinks and rehydration powders are useful to replace lost salts. These are available from many shops and pharmacies both in the UK and abroad. Why not plan ahead and ensure you have them when you pack for your holiday, just in case? Always wash your hands before and after meals to minimise the possibility of transferring germs to

your system. Always check whether the water is suitable for drinking. If there is any doubt then use bottled water. If the local water is not suitable then this could also apply to ice-cubes in your drink – check to see if bottled water is being used for ice-cubes as these won't upset your tummy.

Wash all fruit and vegetables with bottled water and be wary of eating salads as these might have been washed with local water. Ice cream, if traditionally made rather than a commercial brand, can often be the cause of tummy upsets. If in doubt, it's better to avoid it.

If you follow these tips and with a little forward planning you should have a problem free holiday.

Have a great holiday!



Men wear 90% of the clothes they pack†



53% of women have gone over their personal baggage allowance†



If you pack too much, choose a colour scheme. It helps to mix and match

Get prepared.
A list helps you remember those important items and plan what to take.

Holiday Packing

Holidays are great but packing for them can get really stressful. Worried you've forgotten something? Can't fit everything in your bag? Here are the key things to make your packing hassle free!



Check your passport has enough time on it



Book your insurance. Insurance offers specialist insurance for people with medical conditions



Check you have enough ostomy supplies – and extra in case you're delayed



Check luggage limits for both checked and carry-on baggage



Need to get everything in your case?

Here's the most effective way to pack.
Lie trousers and jackets flat over the top of the first layer
Shoes and bulky items at the bottom
Fit socks and underwear around the edges
Roll dresses, tops and t-shirts

Checked Bag



Checked Bag
Aerosols
Scissors
Extra ostomy supplies
Liquid cleaners and deodorants

Snorkel
Golf clubs
Sports rackets

Hand Luggage



Passport
Driving licence
Tickets
Insurance
Holiday details (hotel, car hire, etc)
Money and cards
Glasses / sunglasses / contact lenses
Keys
Phone / tablet / MP3 player
Travel adaptor
Change of clothes in case your bag is lost
Pillow and blanket for the plane

Limited amount of liquids (1 litre maximum, 100ml per item)
Medication
Ostomy supplies for travel and extra in case your bags get lost
Pre-cut and mouldable baseplates
Disposable bags
Wipes
Medication to stem diarrhoea
Rehydration sachets

Don't Forget



Passport and photocopies in case it gets lost
Insurance
Tickets
Directions to your hotel or accommodation
Phone and charger
Camera

Luggage tags
Addresses for sending those postcards
Contact details of supplies delivery company and stoma care nurse
Phrase cards with medical terms

Holiday Checklist

Get prepared. A list helps you remember those important items and plan what to take.



☐ Pack your ostomy supplies in your hand luggage, some pre-cut for the journey. Make sure you have double your normal supplies to last for the holidays plus some extra for emergency or delayed return

☐ Disposable bags in hand luggage

☐ Pack any liquids you need to take in your hand luggage in containers that hold no more than 100ml and put them in a single, transparent, resealable plastic bag approximately 20cm x 20cm. Remember there are restrictions on the amount of liquids you can take in your hand luggage

☐ Take wet and dry wipes in your hand luggage

☐ Scissors in bag to go in the hold (luggage that you check in)

☐ Pack liquid cleaners and deodorants in your hold luggage

☐ Currency

☐ Passport

☐ Obtain a European Health Insurance Card (EHIC) for state-provided medical treatment within the EU from www.nhs.uk (this replaces Form E111)

☐ Check your holiday insurance is adequate

☐ Our customs advice guide is in the pocket at the back of this brochure. This guide explains your condition in English and other popular European languages. It eliminates the need to discuss your details in front of fellow travellers when you arrive at customs.

☐ Telephone number /email address of your supplies delivery company

☐ Telephone number / email address of your stoma care nurse

☐ Medication to stem diarrhoea

☐ Rehydration sachets

☐ Smaller leisure pouches for discreet swimming and bathing

☐ Remember to buy water at the airport (after you have been through Security) for the plane journey and any transfers to your resort, particularly if you are going to a hot climate. Try to have enough to see you through the night in case shops are closed when you get to your destination

☐ Put together a small holder for pouch changes on the journey or when you are out and about on your holidays. Include everything that you would need to change your pouch as and when you may need to, with wipes, disposable bags and pre-cut pouches / baseplates

☐ Try and make sure your pouch is as empty as possible before you go through security to limit the risk of it being disturbed when searched



Make a note of other important items here

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A romantic couple is captured from behind, running through shallow water at sunset. The man, on the left, wears a patterned short-sleeved shirt and dark shorts. The woman, on the right, wears a colorful patterned dress. They are holding hands and splashing water, creating a dynamic and joyful scene. The background is a bright, hazy sunset over a body of water, with silhouettes of trees on the horizon. The overall mood is warm and celebratory.

Have a great holiday!

For extra advice
on Customs we
have supplied a
handy travel sized
leaflet enclosed in
this pocket.



Bringing you the tools and advice to help you make life with a stoma completely your own.

At me+™, we're committed to helping you live with a stoma in a way that works for you. It's why we do what we do. We're here to help in any way we can. There are many resources available to you from our me+™ team, online resources, access to counseling support and a Nurse advisor who can be contacted by Telephone, Skype, Facetime and email.

REGISTER FREE NOW

www.convatec.co.uk/meplus

www.convatec.ie/meplus

UK **0800 467 866**

ROI **1800 721 721**

(M-F 9:00am until 5:00pm)



Telephone 0800 88 50 50 **Email:** order@amcaregroup.co.uk
or online at www.amcaregroup.co.uk

Amcare Limited, 39b Pallion Way, Pallion Industrial Estate,
Sunderland, SR4 6SN

**Not available in Scotland

† Reference: <http://www.dailymail.co.uk/travel/article-2623153/Women-pack-36-items-EIGHT-pairs-shoes-week-away-91-admit-not-wearing-clothes-holiday.html>

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