



Holiday Checklist

Action	Check
Passport	
Travel Certificate	
Holiday Insurance (Have you checked that your policy covers your stoma and any medical conditions you may have?)	
Telephone number/email address of supplies delivery company	
Telephone number/email address of stoma care nurses	
Telephone number of your emergency insurance and credit card loss number	
Ostomy Supplies in hand luggage, some pre cut for the journey (make sure you have enough to last the holiday and some extra for emergencies or delayed return	
Disposal bags in hand luggage	
Wipes in hand luggage	
Scissors in bag to go in hold	
Liquid cleaners and deodorants in bag to go in hold	
Medication to stem diarrhoea/ Consider obtaining drainable pouches in addition to usual supplies	
Rehydration sachets	
Smaller pouches for swimming and bathing	
Small holder for pouch changes on the journey and when you are out and about on your holidays that can be taken with you to the toilet with everything that you would need to change your pouch (pre-cut pouches/flanges, disposable pouches, wipes etc)	
Remember to buy water at the airport (after the security checks) for the journey, especially if you are travelling to a hot country	



Hints And Tips

Before Travelling

- From the night before and during the day of travel, avoid food and drinks that might cause your stoma to become "lively".

At The Airport And Security

- Carry your travel certificate on your person just incase you need to provide proof of a stoma to a security officer.
- Wear loose clothing so that your pouch is not restricted and therefore uncomfortable on a long journey.
- Remove any items of clothing that might trigger the security scanners; jewellery, belts, large metal belt buckles etc.
- Change your pouch just before you go through the security. Try and have an empty pouch when going through the scanner.
- Remember if you are stopped at security you can ask them to search your bag in private, explaining that you have medical supplies in there.
- It may help if you have all your medical supplies in clear see-through bags.

On The Plane

- Carry a small bag with a days supply, as you take your seat on the plane this can then be removed from your hand luggage for easy access during your flight.
- You may need to change your appliance whilst on the plane, you will need to think about how you will change your appliance inside the confines of a small aeroplane toilet. Remember to put in wipes as sometimes tissue runs out towards the end of a journey.
- It is perfectly acceptable to dispose of your used appliance (which has been safely tied in a disposal bag) in the bin in the toilet on the aircraft.

Eating And Drinking Whilst On Holiday

- It is very important to keep your fluid levels normal especially if you are going to a warmer climate. It is better to sip your drink rather than drink quickly to quench your thirst.
- If you are unsure of the hygiene standards then it is better to go for food that has been cooked rather than a salad that may have been washed in water that may upset you.
- Drink bottled water while abroad unless you are sure of the local supply. Check that the seal on the bottle has not been broken. It is probably best to also avoid ice in your drinks.
- It is worth taking some Dioralyte or some form of electrolyte replacement incase you become dehydrated.
- You may need to take Loperamide or Imodium to firm your output or Movical to loosen your output.

Disposing Of Appliances Abroad

- Like at home, it is perfectly acceptable to dispose of your appliance in the bin. Simply ensure you have emptied the contents of the pouch and secured in a disposal bag. If you are staying in a hotel then you can use the bathroom bin, no one is going to look too closely to contents of a bathroom bin.

Swimming And Sunbathing

- You may not be aware but most manufacturers make appliances in smaller sizes for maximum discretion and you can request samples of these.

Whilst On Holiday

- While abroad, use bottled water to clean around your stoma or ask your supplier for a number of (free) surgical wet wipes.