

- What advice can they offer in respect of additional ancillaries or even a spare pump in the event of something happening while away?

- Find out what their policy is for ensuring your travel with a repair kit for your line or tube.

- If you are a parenteral nutrition patient it may be possible to have 'multi-chamber' bags, (these do not require refrigeration, but do bear in mind these only suit a small number of patients.

- If you are unsure about transporting your feeds, discuss with your healthcare professionals which option they recommend, alternatively talk to your homecare coordinator for advice on the options they offer.

- **ALWAYS** discuss what you would do in the event of flight delays if you are taking your parenteral nutrition with you – speak to your pharmacist and involve them in discussions with your homecare company to ensure continuity in information.

- If you elect to have your feeds delivered to the destination ensure you understand how and when they will be delivered and stored.

- If you are a parenteral nutrition patient and elect to have your feeds delivered to your



**FAMILY FUN** Be prepared - and enjoy yourselves!

holiday destination, it is even more important that you understand the delivery and storage aspects. Discuss how any problems associated with your feeds not being where you expect them to be would affect you and what action you should take.

- Certain destinations require vaccinations. Ask your healthcare professionals how these may affect you.

- When flying, your doctor may be under the impression that if he/she provides you with a letter stating that you need to take 'sharps' (i.e. needles, glass vials) onto the plane, that their letter will make this possible – Customs rule the airports, discuss alternatives.

Your healthcare professionals will always do the best for you and be honest, but the one person who needs to be honest is you.

- **DON'T** plan any travel that you know is unrealistic.

- **DON'T** push boundaries for the sake of it.

- **NEVER** travel knowing you are unwell and...

- **DON'T** travel without medical consent - you may regret it!



**DON'T** Travel without medical consent.

**PINNT: "Supporting people on home artificial nutrition"**

## Talking Points 1

## Talking Points 1

## Considering Travel

### PINNT

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# Talking Points 1: Considering Travel

*This leaflet has been specially designed to facilitate discussions between yourself and your healthcare professionals prior to considering or arranging a holiday.*

Before you take the plunge with travelling, it is vital that you discuss your plans with your nutrition team or those caring for you. Your healthcare professionals should be able to respond to any questions you may have, drawing their knowledge from other patients they care for who have travelled with artificial nutrition.

Discussions ensure that everyone concerned with your care has assumed appropriate responsibility for their particular area of expertise - and that means you too. Ultimately you will be responsible for the decisions you make, so ensure you do your homework before you go.

When you start your discussions, do try to be realistic. Start planning as soon as possible and do not assume that one episode of travel will



**CONSULTATION** Don't leave anything to chance.

be the same as the last. Different places may have varying facilities which may affect your plans. **ALWAYS** clarify any aspect of the conversation which appears unclear or illogical to you. **DON'T** be afraid to ask as many questions as you feel helpful to your planning process. **ALWAYS** bear in mind that your travel plans are personal to you and you must not use other peoples' experiences to determine your own plans. Some people are able to have their feeding requirements changed for holidays, but this is not always the case.

## Your best interests

Going on holiday does not mean you should stop being fed and hydrated – although it may be possible to tailor it slightly differently for the duration of your holiday. All healthcare professionals make decisions with your best interests at heart and sometimes their guidance - which may not be what you want to hear - may affect your plans. It is always good to set challenges; just because something has not been done before does not mean it is not achievable, but always make your decisions within sensible parameters – not just because you want to rebel.

If you have never travelled before, start by reading **PINNT's Holiday Guidelines** as this will take you through the process, even if you are not travelling abroad.



It is also a handy refresher if you have travelled before! Every trip away from home requires planning. It may be helpful to show this to your consultant or healthcare professionals to ensure they all understand the process being considered, along with being able to make personal recommendations for your own needs.

## What if..?

Travel preparations are not solely about taking out appropriate insurance – there are many more associated aspects you need to consider and discuss – including your destination. You may be concerned about the **'what if'** factor – for instance, what if something goes wrong? The best policy in the world will not cover you for lack of medical facilities. This is where discussions with your medical experts will be helpful. You may wish to discuss some of the following:

- Your destination – some healthcare professionals advise against certain areas/countries.
- Don't assume the world is your oyster – your safety is everyone's concern, so listen to any concerns you may have.
- If you are travelling abroad you will need a 'fitness to travel' letter from your consultant; Your consultant should only give this on the basis that you have been well in the last 3 months and is aware of your destination and duration of travel. **DON'T** hide any information about your destination. In the event of a cancellation prior to travel, curtailment or need for hospitalisation, they will be required to complete medical forms in connection with a claim – they have clinical responsibility for you and need your honesty.



**PLAN AHEAD** For holidays at home and abroad.

- Make sure that your letter includes statements about the following: your condition; the medication you're taking; what type of artificial feed you are receiving and what type of line or tube you have in place. It should also include a statement that declares that they are aware of your travel plans and certify you fit to travel. Most importantly it should have a current date on it - it's no good trying to travel with a five-year-old letter!
- If you are travelling to a non-English speaking country, ask if they can assist with getting this letter translated for you.
- If you are travelling to a warm/humid climate, discuss your fluid requirements. What additional actions can you take to ensure you remain hydrated?
- Can they recommend any medical contacts in the locality of your holiday destination?
- How much support do they think your homecare company can offer you?