

**Travel tips for transplant patients**

**Before you go - Plan ahead**

* Vaccinations - Do you need any? Can you have them? How long before you go do you need them? (Always ask at clinic about vaccinations to get the correct information).
* Insurance - always purchase as soon as you book.

Sometimes it is cheaper to get an annual policy, so try that first.

Always declare medical conditions.

Never travel against doctors advice, as your insurance will **not** be valid

**Compare the market are all sites to try:**

Staysure Insurance

Medical travel compared

Insure with

All clear

Money people online

Money helper

* Apply for a Global Health Insurance Card (GHIC) as this entitles you to free or reduced cost medical treatment throughout Europe. Applications are free – visit the government website to apply. **(PLEASE NOTE: This is not medical insurance)**
* Medication

Order any prescriptions early, giving plenty of time before travel.

Take extra medication with you in case of emergencies or delays.

**Packing Hand luggage**

* Always put medication in your hand luggage
* Have a copy of your most recent hospital letter with you (ask at clinic for this)
* Have a current repeat prescription with you.
* Always take extra for example 7-day holiday take 9days worth of normal medication.

Nebulisers should also go in your hand luggage along with your Nebuliser medication - keep this in a transparent plastic bag so that it can be easily seen when going through security (saves time)

* Always ask for assistance when booking your holiday or at the airport/station if you need it. This saves stress trying to get to your departure on time and also assistance with your luggage.

**While on holiday**

* Keep hydrated (water)
* Set alarms for tablets noting time changes, as some time differences can be a number of hours. 1 - 2 hours is not going to make much difference to your doses, if you have a bigger time difference you can gradually change your timings.
* Ask at clinic before you go for advice (no one wants to be setting alarms and waking up in the middle of the night to take meds).
* Sun cream SPF 50 minimum - as a transplant recipient you are more susceptible to skin cancer.

**Most importantly, enjoy your holiday live your new life.**

