

Stoma Care Travel Advice

For many patients going away on holiday for the first time after surgery often raises concerns.

We have produced this leaflet to allay these anxieties and listed below are the most commonly asked questions.

Do I need extra insurance?

Yes, you need to establish with your travel agent/insurance company that you are fully covered should you need medical attention. We recommend you declare that you have a stoma should any issues arise while you are away.

What do I need to consider when making travel arrangements?

- You need to check what toilet facilities are available.
- When booking airline or train tickets that you have a seat near a toilet.
- Do inform the travel organisation if you require any assistance. They are always really keen to help.
- If you are flying remember that no scissors or aerosol sprays will be allowed in your hand luggage. Although you can check what the current policy is with your airline. Ensure you have pre-cut pouches in the supplies you wish to take in your hand luggage in case you need to change your pouch during a flight.
- If you are using an aerosol adhesive remover spray to remove your pouch your stoma nurse will be able to arrange for some adhesive remover wipes if you contact them prior to your holiday

Do I need to take any extra supplies?

Yes. We suggest you take double the amount you are likely to need and spread that supply around your hand luggage and suitcase in case you become separated from either of them.

How do I cope with security checks?

A travel certificate is available for you to carry. These can be obtained from your stoma care nurse. It explains your surgery in different languages and aims to prevent any undue embarrassment.

Do I need a special diet?

No, but if travelling abroad check if the water is safe and, if not, drink and clean your stoma only with bottled still water. Refrain from ice in drinks and be very cautious with uncooked food.

Do I need to take any extra medication?

Yes, do take Imodium capsules and rehydration sachets with you. Both of these are available from either your chemist or your GP.

How do I dispose of my appliance?

Most hotels provide a sanitary bin and wrapped appliances can be placed there.

Is there anything I cannot do?

This depends on how recent your surgery was. The first three months gentle exercise only should be taken. After that, there is no reason why your normal lifestyle cannot be resumed.

Do I need special storage facilities?

Possibly, in a hot climate take care to store appliances in a cool dry place.

Is there a contact number available?

Yes, in the UK each NHS Trust has a stoma care nursing service and details can be given to you from your stoma care nurse.

Most other countries offer a stoma care nursing service and contact numbers are available from the local hospital to where you are staying.

By taking time to plan your holiday, there is no reason why you should experience any problems.

Remember to have a good holiday!

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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