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*Travel Care
for Ostomists*

Travel Care for Ostomists

There is absolutely no reason why Ostomists should not travel at home or abroad on business trips, day trips or holidays.

Some patients may experience a small increase in flatus when flying, due to the changes in atmospheric pressure, but releasing this is simple with modern pouches through a flatus filter.

Facilities for changing your pouch are adequate, if a little cramped, on boats and planes.

Ostomists should be encouraged to think carefully about the type of accommodation they choose, particularly for holidays abroad with regard to the type of food available and whether the local water is safe. The patient's GP will be able to advise on medication which may need to be taken, for example to deal with diarrhoea or travel sickness.

In particular Ileostomists must be warned of the effects of sweating in a hot climate and should be reminded of the need to drink extra fluid and they may also need to change their appliance more often.

Pack a few days supply of stoma equipment in your hand luggage in case your main luggage is delayed or goes astray.

Take extra supplies of stoma equipment and any prescribed drugs or medicines as it may not be easy to get more supplies away from home.

You may also ask the Colostomy, Ileostomy or Urostomy associations for advice. Members may be provided with insurance and other travelling information.

If you need any additional information or advice please be sure to contact your Stoma Care Nurse or our Nurse Advisor at Moorland Surgical Supplies.