• Use the disabled toilet to make changing easier – a card confirming your eligibility is available from your Ostomy Association
• Consideration of a drainable pouch may be useful for the ease of frequent emptying

To obtain further information or help with any stoma questions contact your STN or to find your nearest STN visit www.stomaltherapy.com and click on “Find a STN”

Disclaimer: The information in this brochure has been developed as a general guide only. Any concerns need to be discussed with your STN or doctor

Prepared as a guide by the:
Australian Association of Stomal Therapy Nurses Inc. Education and Professional Development Subcommittee
www.stomaltherapy.com

References

Developed October 2016
Level 1V Evidence (Expert Opinion)
Many people with stomas travel widely, including camping, cruising and flying. Having a stoma should not prevent you from travelling but you may need to plan aspects of your trip carefully. This brochure may help during the planning stage and whilst travelling.

**Before you go:**

- If you are planning your first trip abroad and have recently had surgery, discuss your plans with your Surgeon / GP and Stomal Therapy Nurse
- Order required supplies from your Association in good time
- Pack ostomy supplies in two locations e.g. checked-in baggage and carry-on luggage, ensuring a reasonable amount in carry-on baggage in case your suitcase is misplaced
- Consider packing extra supplies in case of unavoidable delays or unexpected mishaps
- Split your supplies with your travel companion if appropriate
- Consider packing a spare change of clothes in your carry-on baggage in case of any accidents
- Pre-cut your pouches at home if needed, as scissors will not be permitted in carry-on luggage
- Your Stomal Therapy Nurse can advise regarding anti-diarrhoea tablets and rehydration supplements that you can take in case of gastric upset. Take them as carry-on providing they are labelled

**Items that will not be permitted in carry-on luggage on your flight:**

- Scissors (so pre-cut appliances and pack scissors in your luggage)
- Spray bottles of adhesive remover and protect barrier: both pump and aerosols must be declared – perhaps take wipes instead
- For international flights: liquids and gels over 100 ml including paste tubes, so if needed, try to obtain sample tubes for carry-on luggage

**Pre-flight:**

- Consider dietary modifications a day or two before travelling to minimise bloating, gas and odour i.e. avoid fizzy drinks, alcohol and spicy foods

**During flight:**

- Continue to consider diet and fluids to prevent dehydration and bloating

**Other tips:**

- If irrigating a colostomy, consider the water quality at your destination. Tap water may not be clean enough for irrigation and bottled water should be used in its place
- Urostomates are advised to source adaptors and leg bags for use during travel as this provides a larger capacity
- A ‘nappy sack’ is a scented disposal bag ideal for disposing of pouches if in a public toilet or aircraft. These can be purchased from the supermarket or chemist

- **Request a travel card from your Stomal Therapy Nurse with your details, appliances and contact number of the nearest Stomal Therapy Nurse at your destination**
- **Ensure that your travel insurance covers stoma as a pre-existing condition and any unexpected medical emergencies**
- **Check-in on line if possible: this way you can request an aisle seat near the toilet. You may be able to book these seats in advance with your Travel Agent**
- **Before you board your flight ensure that your pouch is emptied to prevent possible ballooning. Cabin pressures may vary and some ballooning is normal. If you have a pouch with a filter it should vent adequately**
- **In countries like the USA, full body scanners are used and designed to detect the smallest variance. It’s best to empty your pouch before entering the security line so if a pat-down is required there will be little to feel. Show your Travel Card. Security staff are trained to be aware of this. You will not be asked to remove any clothing in public to reveal your appliance, but consider wearing clothes that open at the waist**