

Information Booklet

Travelling with Parenteral Nutrition



PNDU

Parenteral Nutrition Down Under

Introduction

The information in this booklet has been compiled by Parenteral Nutrition Down Under (PNDU) from the experiences of people like us who have successfully travelled both locally and overseas on Parental Nutrition (PN). We have also adapted some information provided by **The Oley Foundation** in the USA and **PINNT** in the UK.

The travel information provided in this booklet is applicable whether you or your child is on PN. For ease however, throughout this booklet we have used the second person, ie you as the person on PN, making particular reference to a child on PN only when information relates specifically to that situation.

We hope this booklet gives you the confidence to plan that dream holiday and helps ensure your trip is safe and enjoyable. It may be helpful to show this booklet to your doctor and/or hospital team to ensure they all understand the process being considered, along with being able to give advice for your own specific needs.

Wherever possible, start planning your holiday/travel as far in advance as you can. We recommend you read this entire booklet before booking anything, and ***never finalise your bookings or plans without first ensuring all your HPN needs can be met.***

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Disclaimer

PNDU has made every effort to ensure that the content of this booklet is accurate at the time of production, but accepts no responsibility for any errors or omissions. If you use any of this information, please always discuss your plans with your doctor and hospital team.

Our information is regularly reviewed and updated. Accordingly, if you have any information that you feel is relevant, please let us know. Your contribution could be invaluable to another traveller.

So you would like to travel, but think it might be just a little too difficult because you are on Home Parental Nutrition (HPN)? ...

Well many others have successfully travelled long distances as well as shorter local trips. Every trip away from home requires planning, but with the help of this booklet, your doctor's/hospital team's advice and others' experiences, we hope you can take the plunge too. Although those of us on, or caring for someone on, HPN require far more planning than the average tourist, the process is well worthwhile for the experience you will gain from your travel.

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Thinking about travel

1. Consult your doctor and hospital team

Before you book anything, talk to your doctor/hospital team about your ideas – ask whether travel is appropriate for you and what problems you might anticipate. When you start your discussions, try to be realistic. Start planning as soon as possible and do not assume that one episode of travel will be the same as last time. Different destinations may have varying facilities which may affect your plans. Some people are able to have their HPN requirements changed for holidays, but this is not always the case.

- **ALWAYS** clarify any aspect of the conversation with your doctor/hospital team 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** follow your doctor's/hospital team's advice.

All healthcare professionals make decisions with your best interests at heart and sometimes their advice may affect your plans.

If you are travelling to a warm/humid climate, discuss with your doctor your fluid requirements. What additional actions can you take to ensure you remain hydrated? Can they recommend any medical contact, with PN experience, in the locality of your holiday destination?

Find out whether your doctor or an associate would be willing to be available by phone and/or email during your trip. Would they happy to provide their pager number or mobile/cell phone number, as an emergency may happen after hours? In the event of a problem, you and the attending staff at the unfamiliar hospital at your travel destination will want to be able to reach a doctor who is familiar with you and your medical history.

Do not finalise your travel plans or bookings until you have ensured all your HPN needs can be met.

2. Domestic travel

Not ready for, or don't fancy, foreign travel? What about a break in your own country? A local break should be relatively easy to arrange:

- Decide on your destination and length of stay

- Contact your doctor/hospital team to discuss and for your hospital team to make appropriate arrangements with your homecare provider.
- Pack the consumables required for your length of stay.

If you are travelling by air/train and require special approvals eg travelling with excess medical luggage, please refer to **Sections 12 and 13** regarding documentation as well as **Section 15 'Flying'**.

Remember when travelling with a lot of luggage, to carefully consider your mode of transport and how you will cope getting to/from your transport and accommodation etc. Extra planning will be required.

3. Cruising

Going on a cruise removes the need to keep unpacking/packing as you travel. Once you are checked-in, you are free to enjoy all that cruising has to offer.

If beginning your cruise from Australia/New Zealand, your homecare provider may be able to deliver your PN directly to the ship for appropriate processing and storage on-board. Your hospital team will need to confirm this before you book your cruise. You will also need prior confirmation from the cruise ship and passenger terminal that they are willing to receive the delivery and can appropriately store any refrigerated supplies.

In addition, you will need to ensure there is access to appropriate power supply in your cabin for your infusion pump's battery charger.

A note of caution – on-board cruise ship medical facilities are very basic when it comes to dealing with a health care crisis such as central line sepsis. In addition, the doctors on board can often be from countries other than Australia/New Zealand, and therefore don't have Australian/New Zealand medical provider numbers. This means that medical visits on board ship will not be covered by your country's public health system or your health insurance policy back home, even if cruising around Australia or New Zealand.

Importantly, plan your cruise so you are never too far away from a tertiary hospital of Australian and New Zealand standards or an international airport. And ensure you are fully covered by travel insurance in the event you need to visit the on-board doctor, or in the event you require an emergency medical evacuation from the ship.

4. Overseas travel

Although anything is possible, some healthcare professionals advise against certain areas/countries. We believe most people travelling overseas with PN travel best in

developed countries. Remember to try and find out the ability of healthcare professionals at your travel destination to communicate in English and refer to **Section 8 'Provision of your PN solution'** regarding ensuring your HPN needs can be met overseas, ***before finalising any plans or bookings.***

As with domestic travel, remember when travelling with a lot of luggage, to carefully consider the various modes of transport you will be using and how you will cope getting to/from your transport and accommodation etc. Extra planning will be required.

The following are the countries with which Australians with Medicare cards have reciprocal health rights. Your rights vary from country to country. Visit <http://www.humanservices.gov.au/customer/enablers/medicare/reciprocal-health-care-agreements/participating-rhca-countries> to see your entitlement in each country.

- Belgium
- Finland
- Italy
- Malta
- Netherlands
- New Zealand
- Norway
- Republic of Ireland
- Slovenia
- Sweden
- United Kingdom – England, Wales, Scotland

For New Zealanders, the list is much shorter. Visit <http://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services/reciprocal-health-agreements> for more information.

- Australia
- United Kingdom – England, Wales, Scotland

Countries PNDU members have successfully travelled to include:

- Australia
- New Zealand
- Argentina
- Chile
- Denmark
- Finland
- France
- Iceland
- Indonesia
- Norway
- Republic of Ireland
- Sweden
- Switzerland
- United Kingdom – England, Wales, Scotland
- USA

5. Network with other travellers

Whether you are planning your first domestic trip or your first trip overseas, it's a good idea to chat with another HPN consumer/carer who has experience travelling

with PN. There may be aspects of travel planning that you haven't considered. It can also simply be reassuring to speak with someone who has successfully travelled. There are a range of PNDU members who can provide further travel information either as adult HPN consumers or parents of children on HPN. If you would like to speak with someone about travelling, please contact PNDU at contactpndu@gmail.com. We can put you in touch with the relevant people.

Planning & organising your trip

6. Your homecare provider

Be sure your hospital team advises your homecare/PN provider of your travel plans as soon as possible and ***BEFORE you finalise any bookings***. Working with your homecare provider, it is the responsibility of your hospital team to arrange for the supply of all your HPN needs whilst travelling. They will need to have sufficient details of your plans to be able to liaise with your local homecare provider as well as any needed overseas PN provider. One homecare provider requires 5-6 months' notice for holidays overseas (or 2 months' for travel between Australia and New Zealand).

Homecare providers in other countries can function quite differently to what we are used to at home, even if they have the same parent company. If travelling overseas and having PN supplies provided by an overseas homecare provider, ask your hospital team to request your local homecare provider ascertain if there are differences in homecare provision in your destination country and let you know. For example, some provide a portable drip stand, specialised medical fridge, collapsible work table and specialised cool boxes for transporting that need to be returned at the end of your holiday. Also ask for the overseas homecare provider's contact details in case you need assistance whilst travelling.

7. PN solution options

If appropriate refrigeration is going to be difficult to maintain at your destination or during travel, discuss with your hospital team whether multi-chamber PN is suitable for you. You will also need to discuss if/how you can receive sufficient vitamins/minerals and trace elements whilst travelling.

Multi-chamber (3-compartment bags) do not require refrigeration before mixing the chambers. If you mix ahead of time, the resulting 'All-in-One' (AIO) or "3-in-1" mixture will require refrigeration and you must store it in your fridge. Other PN solutions almost always require refrigeration.

If you are having your own refrigerated PN supplied, when making a hotel reservation or staying with friends/family, be sure they can guarantee a refrigerator in your room, or, if your doctor/hospital team deems it satisfactory, space in their kitchen's refrigerator that you can access. If not, or if the kitchen refrigerator is not appropriate for your PN needs, consider hiring a fridge for the length of your stay.

8. Provision of your PN solution

Once you and your hospital team have discussed PN solution options, depending on your travel destination, to arrange provision of your solutions, there are three options:

- a. If travelling overseas, having your solution made by an overseas homecare provider at your travel destination.
- b. Having your solution delivered to you at your travel destination from your homecare provider at home.
- c. Taking all your solutions with you.

a. **Provision and delivery at your travel destination**

Your hospital together with your local homecare provider **MAY** be able to arrange to have your solution produced by an overseas homecare provider at your travel destination and delivered to you. Your hospital team will need to investigate and confirm this is possible **BEFORE** your plans are finalised.

When travelling overseas, your own homecare provider will be able to advise your doctor/hospital team if they can recommend a PN provider in your destination country/countries. In the event your own homecare provider knows no support network available at your destination, your doctor/hospital team will need to source an appropriate or comparable PN supplier in your destination country/countries. Depending on the destination, there may be a cost (to you) involved to get your PN produced at your travel destination, and you may not be able to receive your exact formulation. Your hospital team will need to discuss this with your own homecare provider months in advance of any overseas travel you are considering and before any plans are finalised.

If considering having standard unrefrigerated multi-chamber PN bags provided to you at an overseas travel destination, again your hospital team will need to discuss with your own homecare provider very early and before any plans are finalised whether this option is a possibility. As when having your own PN solution produced overseas, an overseas PN supplier will need

to be located. In addition, have your hospital team determine whether the overseas PN supplier is willing to split boxes of the multi-chamber PN bags. This will impact how many bags you will be required to order. Some overseas homecare providers won't split boxes, possibly requiring your hospital team/homecare provider to order an over-supply of bags.

This option of having your PN (whether your own/similar refrigerated prescription or a standard unrefrigerated bag) delivered to your travel destination avoids the fatigue of carrying the supplies yourself, and reduces the worry about shipping delays and keeping solutions cool en-route, as well as the hassle of dealing with customs and security officials (when travelling overseas).

In case of an unforeseen delay, it is advisable to transport at least one night's worth of HPN supplies with you as well as spare bags(s) of saline/dextrose.

b. Shipping from home

If production at your destination and delivery is not available, you or your homecare provider may be able to arrange for your PN solution to be shipped/transported from home. This particularly applies when travelling domestically, on a cruise, or if using standard unrefrigerated multi-chamber PN bags.

If being shipped/transported by your homecare provider, your hospital team will need to provide to your homecare provider the following information:

- Full address of your destination, including telephone number
- The name of the person at your destination you will be staying with, or have made arrangements with for acceptance of the delivery
- The dates of your holiday
- How many PN bags you require (and any additional bags of saline/dextrose you may need) and delivery dates
- A contact name and telephone number of the named person who will be accepting the delivery on your behalf (if different to the person named above).

Again, because of the possibility of delay, it is advisable to carry at least one night's worth of supplies with you as well as spare bags(s) of saline/dextrose.

To be sure your supplies are there when you need them, you may want to have them shipped/transported such that they arrive a day ahead of you. This way you can verify before you leave home that they have arrived safely. This may be helpful when going on a cruise. Again, ask your hospital team to check with your homecare/PN provider, as some providers will not ship supplies ahead for fear of mishandling or loss.

Having your supplies shipped overseas can be a more risky and time-consuming adventure. Different countries have different laws and customs regulations when it comes to shipping/freighting. Even the use of terms like 'freighting' and 'posting' have very different meanings in some countries which can create problems. In addition, the individual freight companies have their own regulations and may not be willing to release a delivery until you have arrived in a country. This is true even if you have provided them with the details of a nominated person to accept delivery on your behalf.

Ask your hospital team to discuss with your local homecare provider whether shipping is advisable and an achievable option.

If your plans require your local homecare provider or an overseas homecare provider to deliver your PN to a different country, you will need to confirm **BEFORE** your plans and bookings are finalised that this is going to be possible.

c. Taking your own

Another option is to take all your solutions with you. This can be exhausting because of the weight and volume, challenging to maintain the correct temperature (if transporting refrigerated PN), risky if luggage goes missing, and possibly costly as you may be charged excess luggage.

Always consider and discuss with your hospital team what you would do in the event of, for example, flight delays.

There is no legislative provision in Australia or New Zealand for the free transport of medical supplies if they exceed normal luggage allowances. Therefore the expense of excess luggage may need to be taken into account if you intend to take all your supplies (PN and consumables) with you. However, discuss this with your transport provider at the time of booking as most non-budget airlines, coaches and railways will allow free transport of excess medical luggage on a case by case basis (not necessarily for the return journey however). Have your doctor include a request for excess luggage allowance in your 'fitness to travel' letter (see **Section 12a 'What your doctor needs to provide'**).

If travelling long distances domestically by car or caravan, some have found battery powered portable fridges (with a mains adaptor) a good option. We recommend trialling it with a fridge thermometer before leaving home to ensure it maintains the correct temperature. Another option to consider is a well-insulated ice-box, large enough to hold over a week's supply of PN plus ice bricks. In a well-insulated ice-box, the ice bricks will stay frozen for 4 to 5 days, even in hot weather. Pack a layer of ice bricks, interspersed between layers of PN bags. You then only need to re-freeze 3 or 4 ice bricks every night to keep things cold. Again, trial it at home beforehand and always keep a fridge thermometer in with your PN.

No matter how you choose to transport your supplies, planning ahead and coordinating your efforts with your hospital team and homecare provider will make this process a lot smoother and is well worth the extra effort.

If you elect to have your PN solution delivered to your travel destination, whether directly from home or by an overseas homecare provider, it is very important that you understand the delivery and storage aspects ie how and when. If your supplies are to be delivered to a hotel, you'll need to explain to a hotel representative (likely the manager of the receiving or security department) how to handle the supplies properly, especially if any of it requires refrigeration. It is best to do this when you make your reservation to ensure they can accommodate you.

Do not arrange for a delivery to be made days in advance of your arrival unless you are confident it will be stored correctly. In case of unforeseen circumstances, it is also advisable to transport at least one night's worth of supplies with you as well as spare bags(s) of saline/dextrose.

9. Consumables

You will need to transport all of your consumables with you or ship them to your destination ahead of time. At the current time, it is not possible to have consumables delivered to your destination by an overseas homecare provider.

Prepare a list of consumables well ahead of time as you may need to order extra supplies to be delivered to your home before you leave. One homecare provider advises allowing 4-6 weeks (domestic travel) and 3 months (international travel) for delivery of consumable supplies prior to departure. Always pack a few extras in case of loss or damage. A PNDU member has developed a spreadsheet which you can alter for your own use to help you avoid overlooking any items. Email contactpndu@gmail.com for a copy.

Whether travelling locally or overseas, always travel with sufficient emergency supplies of consumables in hand luggage in case of flight/transport delays/diversions.

You may wish to ship your consumables to your destination ahead of time. Once their safe arrival is confirmed, enjoy the luxury of transporting a much smaller emergency supply. For overseas travel, please see **Section 8b 'Provision of your PN Solution – Shipping from home'** for a note of caution.

10. Your infusion pump

If you are travelling overseas, you will need to ensure your pump will operate on your destination country's electrical system. We suggest, first and foremost, and in the early stages of planning, you discuss your options with your hospital team: discuss the voltage compliance of your pump and ask them to seek recommendations from your pump provider. If your hospital team is arranging to have PN supplied to your holiday destination by an overseas homecare provider, this company may also be able to provide a spare pump for your use while overseas. Otherwise your hospital team may suggest one of the following four options:

a. **Use a travel adaptor**

This will need to be confirmed by your pump provider as, in the past, it has been known to damage pumps/chargers.

b. **Run your pump on regular alkaline batteries**

Check with your hospital team if your pump allows these or if a battery pack attachment for disposable batteries can be obtained for use during travel. Depending on the length and rate of your infusions, regular alkaline batteries typically last for two or three infusions, where near-new lithium batteries may get you through up to five infusions. While you are still at home, run your infusion with alkaline batteries for a few days to test how long they last for your pump.

Please note that spare batteries are now listed as 'dangerous goods' by most airlines and therefore not permitted in either hand luggage or checked-in luggage. If flying domestically or internationally, you will need to apply for special permission at the time of booking to carry spare batteries (see **Section 12 'What your doctor needs to provide'**) or simply buy replacement batteries at your travel destination. You can buy alkaline batteries in most countries.

c. **Purchase or borrow a pump/battery charger adaptor**

made especially for the country/region to which you are travelling, avoiding the need for a travel adaptor. Ask your hospital team to check early with your pump provider whether this is a possibility.

d. **Infuse by gravity.**

You would need to discuss this with your doctor/hospital team to ascertain whether this is suitable for you. It will not work with non-gravity giving sets.

If you are infusing during a long haul flight, you may need to consider using a long-life pump battery during flight, take a second lithium battery (or spare alkaline batteries if your pump will run on these) or an additional pump with battery. Again, special permission will need to be obtained from the airline at the time of booking to carry any spare batteries.

In addition to the long duration of flying time, airlines will generally require that you have sufficient battery life in your pump to last 1.5 times the flying time of your travel, in case of flight delays. Request your hospital team to discuss with your homecare provider what the best option would be for you.

When booking your accommodation you will need to ensure there is 24 hour power supply to your room to ensure your pump can be charging while you're out. For some hotels, this may mean requesting an additional swipe card to be left in the slot in your room at all times.

11. Travel insurance

Be sure to declare **ALL** existing medical conditions.

Depending on your underlying illness, some insurance companies will deem Intestinal Failure, with a central venous catheter for HPN, as an admissible pre-existing medical condition which they will cover, usually for an extra fee. Others won't. Ask around and make sure you read the fine print.

Be sure to discuss pre-existing medical condition insurance cover with your doctor/hospital team early in your planning discussions and seek their advice on your particular situation. They may be required to provide additional information to an insurance company considering your application.

PNDU does not recommend travelling, particularly overseas, without complete cover for all pre-existing medical conditions. That said, if you simply cannot obtain appropriate cover for all existing medical conditions, travel to the countries listed in **Section 4 'Overseas Travel'** which have reciprocal healthcare agreements with New Zealand and/or Australia, may be an option. As each agreement is different, you will

need to research these reciprocal healthcare agreements in detail to know what they do/don't cover, and remember that none of these agreements will cover you whilst travelling between countries. If you cannot get full cover for all pre-existing illnesses and still intend to travel, you should nevertheless take out normal travel insurance to cover accidents, lost luggage, any new health issues, etc.

If travelling outside Australia and New Zealand, you may need to take out travel insurance to cover any loss or damage to your HPN equipment. Have your hospital team check this with your homecare provider before you apply for travel insurance.

Confirm with the insurance company how medical claims are paid. Some travel insurance companies require you to pay for any medical service yourself, and then to claim the costs back from them afterwards. This will affect how much money you will need access to while you are away.

Insurance companies which have been helpful in covering HPN and/or other chronic illnesses are:

| In Australia: | | In New Zealand: | |
|-------------------|------------------|-----------------|------------------|
| Allianz Australia | Ph 131 000 | State Insurance | Ph 0800 155 777 |
| Columbus Direct | Ph 1300 669 999 | Columbus Direct | Ph 0800 55 99 11 |
| Cover More | Ph 1300 72 88 22 | Cover More | Ph 0800 500 225 |

PNDU would love to hear from you about your experiences with insurance companies, whether you have had trouble obtaining cover, or you've had a great experience.

12. What your doctor needs to provide

If travelling overseas including between Australia and New Zealand, your doctor/hospital team will be required to contact and liaise with a doctor/hospital team in your destination country/countries. This overseas' doctor/hospital team is to be made aware of your medical situation, your travel plans, and be requested to sign off on your PN prescription which your doctor will need to send to the overseas' doctor (if your PN is to be provided to you by an overseas PN provider). Agreement by this overseas' doctor/hospital team is a requirement ensuring there is an authorised medical entity ready to assist, if needed. Speak to your own doctor/hospital team regarding whom they would recommend. If your doctor/hospital team is unaware of someone suitable, contact PNDU and we may be able to assist through our international support group contacts.

If you require any special approvals for your travel eg if infusing in-flight or travelling with excess or prohibited medical luggage, you will most likely need two letters from your doctor:

a. 'fitness to travel' letter

to all travel organisations (eg train, bus, airline, tour company) from whom you will need special approvals (and, if flying, also the airlines' own travel clearance form, completed by your doctor). This letter is to include:

- your medical condition(s)
- that you are receiving PN, what type of central venous access device you have, and, if applicable, the need to infuse in-flight
- why it is necessary for you to transport medical supplies (in hand luggage and/or in checked-in luggage)
- if applicable, a request for permission for you to infuse in-flight, including during take-offs, landings and taxiing
- if applicable, a request for permission for you to keep your PN backpack on your chest during take-offs, landings and taxiing
- if applicable, a request for permission for you to carry spare batteries (lithium or alkaline) for your pump and/or bottled Chlorhexidine
- a request for permission to carry as hand luggage and keep on your person sufficient supplies (specify what you will need to carry eg PN, syringes, scissors, ice bricks) in case of emergency or lost luggage
- if applicable, a request for additional checked-in luggage allowance for medical supplies, including for the return journey, if required
- a declaration that your doctor is aware of your travel plans and certifies you fit to travel.

If you are planning or have a need for frequent travel and are using the same transport carrier for each trip, ask your doctor to include this in the documentation and your transport carrier may be able to provide enduring approval lasting 1 year.

b. 'travel letter'

addressed 'To Whom it May Concern' for showing at security checkpoints throughout your travel, if applicable. This letter is to include:

- your medical condition(s) (including that you have a stoma, if applicable)

- that you are receiving PN, what type of central venous access device you have, and, if applicable, the need to infuse in-flight
- why it is necessary for you to transport medical supplies in hand luggage (needles, syringes, scissors, fluids over 100mls including ice bricks, pump, spare batteries, Chlorhexidine)
- list of medications
- copy of PN prescription
- a declaration that your doctor is aware of your travel plans and certifies you fit to travel.

If flying, airport security staff may seek to remove approved restricted items and return them at the end of your flight. If you need to administer medication or fluids during the flight or while in transit, it is recommended that your 'travel letter' include this and that your health is dependent on personal carriage of the appropriate medical supplies to enable this.

Pack a hard copy (and soft copy on a USB data stick) of your 'travel letter' in every bag, suitcase and box of supplies you are transporting, and carry a laminated copy and several extra photocopies in a travel folder on your person (see below) to share with security personnel and other travel officials. If possible have a copy of your 'travel letter' written in the language(s) of the country/countries you are travelling to. Ask your hospital whether they, your homecare provider or the overseas homecare provider can assist with translation.

Most importantly both these letters ('fitness to travel' and 'travel letter') should have a current date on them – it's no good trying to travel with a five year old letter! Your doctor should only give these letters on the basis that you have been well in the previous 3 months, is aware of your destination and duration of travel and supports/agrees to your travel plans. DON'T hide any information about your destination. In the event of a cancellation prior to travel, curtailment or need for hospitalisation, your doctor will be required to complete medical forms in connection with any travel insurance claim – they have clinical responsibility for you and need your honesty.

13. Travel folder & other documentation

Develop a personal medical information or travel folder to take with you on your person when travelling and to show when needed. Include your doctor's phone number/email, your medical history and other vital information, The Oley

Foundation has a template "Travel/Hospitalisation Packet" which you can download and customise to suit your needs (www.oley.org/travelpack.html). Alternatively, contact PNDU (contactpndu@gmail.com) for a copy.

Also include in your travel folder your 'travel letter', if applicable, copies of any transport carrier approvals/concessions and pharmacy print-outs of your medications.

If you are also carrying other medication not related to HPN, we recommend you also include in your travel folder letter(s) of approval in relation to these medications and leave the medications in their original packaging with the pharmacy labels still attached.

If flying, 3D scanning has been approved by many governments and is in use. If you have an ostomy, it is advisable that, if not included in your 'travel letter' from your doctor, you obtain written notification from your stomal therapy nurse, to assist your transit through security.

As well as keeping hard copies of all your medical information and documentation, we also recommend keeping it on USB data sticks, kept in your luggage and on your person.

14. Accommodation & transport

When booking your holiday, you/your travel agent will need to inform the appropriate organisations ie transport operator(s), accommodation, tour operator, that you will be travelling with essential medical supplies and equipment. You will also need to make arrangements for your special requirements eg suitable sized refrigerator (and freezer for re-freezing ice bricks, if necessary); a sink located away from the toilet; a suitable area to set up and prepare for hooking up and unhooking; 24 hour power supply. This may mean you will choose to book an apartment instead of a motel room. If you are travelling solo, you may also need to consider the tap configuration and whether you can turn them off without compromising your clean hands.

15. Flying

Except where stated otherwise, the advice in this section applies to both domestic and international air travel.

a. Choosing an airline

If you will need to transport large quantities of medical supplies, or to infuse in-flight, we recommend you use your national airline or the national airline of another English-speaking developed country, even if it costs a little more.

This is to avoid unnecessary problems when arranging for your medical clearance and/or special medical requirements. Negotiating with your fellow countrymen can be difficult enough when you have special medical requirements, but trying to negotiate with head office employees, as will most likely be required, of an overseas airline (no matter how good an airline it is) with possible language and cultural barriers can create unnecessary stress and complications.

Similarly, whether travelling long or short distances, if you require special approvals, for example, excess medical luggage, we also recommend you avoid using budget airlines due to the probability that they will not be able to accommodate your requirements.

Ask the airline or look on the airline's website for their own publications on travel for people with special needs. If you plan connecting flights with different airlines, ensure you comply with the regulations of each airline.

If flying with Qantas or Air New Zealand, go to www.qantas.com.au/infodetail/flying/beforeYouTravel/mediform.pdf or www.airnewzealand.co.nz/special-assistance-medical-condition to see if you will require medical clearance. If so, when booking your flights, let the airline know of the full situation – your medical situation, what medical supplies/equipment you will need in-flight and the reason for its use. The airline will require a 'fitness to travel' letter from your doctor. See Section **12a 'What your doctor needs to provide'**.

Airlines have the right to decline your travel if they believe your medical risks are too high for them to accommodate (but with a supporting 'fit to travel' letter from your doctor, in most instances, travel will be approved). In addition, some airlines will not give even conditional approval of your travel or special requirements until you have a booking reference number and have provided a 'fitness to travel' letter from your doctor. Theoretically, this means you are required to buy your ticket before approval can be given. When travelling overseas, this can be quite expensive.

To avoid the possibility of buying a ticket only to have medical clearance or special requirements declined by the airline, we recommend booking at least your airline ticket through a travel agent. If necessary, the agent will be able to give you a temporary booking reference number to seek medical clearance and approval of any special requirements from the airline. Once

at least a preliminary approval is granted, you can proceed with the ticket purchase.

If making arrangements over the telephone, always get the name of the person you speak to, in order to be able to confirm any arrangements nearer the date of departure. ***We also recommend getting all approvals and/or concessions in writing and keeping hard copies of these on your person during travel.***

Check that all the information you have given the airline is stored on their computer and that it will be accessible by the staff at the check-in desk.

b. Flying with an infusion pump

Even if you are not infusing during flight, it is generally agreed that the safest and most reliable way to transport your infusion pump is in hand luggage. This way you can look after it yourself, but it also avoids any de-pressurisation associated with the normal cargo hold. Special clearance will be required for the carriage of any batteries (lithium or alkaline). See Section 12 'What your doctor needs to provide'.

Furthermore, some airlines are now asking to inspect medical pump batteries, particularly lithium batteries (to ensure that they are over 100Wh but do not exceed 160Wh), so keep them in your hand luggage ready for inspection. Some airlines will not permit them in checked-in luggage.

c. Running an infusion pump in-flight

Although a battery-operated infusion pump is rarely listed by airlines as accepted in-cabin medical support equipment, it does not mean it is not permitted. Special clearance from the airline will be required for the infusion pump to be used in-flight however, as well as the carriage of any spare batteries (lithium or alkaline), and sometimes also for the volume of PN where it exceeds normal in-cabin liquid allowances. Again, this must be included in your doctor's 'fitness to travel' letter and discussed with the airline at the time of booking.

Approval to run your infusion pump 'in-flight' may not necessarily mean all you think. Some airlines still do not ordinarily allow electronic or battery-operated devices to be running specifically during take-off, landing and taxiing.

However, approval was gained by PNDU in 2010 from Air New Zealand and in 2012 from Qantas for the running of the Bodyguard 323® throughout flight including during take-off, landing and taxiing.

Please contact PNDU immediately if you are advised otherwise by either airline and we will assist. In any event, please contact us at contactpndu@gmail.com to find out more information on what to discuss with the airline at the time of booking.

In addition, **for those using the CADD Solis VIP 2120® ambulatory pump, PNDU has copies of the appropriate documentation to show any airline** to assist in gaining this approval on a case by case basis. Please contact us at contactpndu@gmail.com to obtain a copy of this documentation.

If you are using a different make/model of infusion pump, special approval will need to be obtained in order to run your pump in-flight and specifically during take-off, landing and taxiing. Air New Zealand requires that “any equipment provided by the customer or outside agency will need an 'aircraft-type approved' certificate, or be checked and approved by Air New Zealand Engineering prior to use, to ensure that the equipment will not interfere with the safety and operation of the aircraft”.

If you are flying with an airline that won't specifically allow for the running of your pump during take-off, landing and taxiing, or you are not sure, you will need to discuss with your doctor/hospital team what to do if you are required to turn the pump off. If you are planning to fly with your PN running in-flight, these stoppages could amount to a considerable length of time. Flushing and clamping the line may be an option, but you will need to discuss this with your doctor/hospital team.

If planning to infuse PN when passing through a security checkpoint, you may also want your hospital team to seek confirmation from your homecare provider/pump provider of the safety of security screening while infusing.

d. Placement of your PN backpack during taxiing, take-off and landing

If infusing in-flight, you will need to gain the prior written consent of the airline if you wish to wear your backpack on your chest during taxiing, take-off and landing. Without this, you may well be required by cabin crew to stow the backpack under the seat in front of you. Keep a copy of the written consent on your person to show the cabin crew, if required.

e. Checked-in luggage

Depending on the duration of your holiday and how many supplies you are taking with you, you may need to ask for additional/excess allowance for medical luggage. Neither Qantas nor Air New Zealand have special luggage allowances for medical supplies but will most often grant them on a case by

case basis when a request and supporting reason is included in your doctor's 'fitness to travel' letter.

Assuming that you will use up your medical supplies while away, some airlines may only provide this concession for the outward bound journey. If you are travelling for some time, requiring not only non-disposable equipment with you at all times, but also a significant volume of 'spares' for your HPN as 'safety stock', which you may end up returning home with, you should also specifically request the medical luggage allowance include the return journey.

Airlines do allow non-prohibited liquids in checked-in luggage so long as everything is clearly marked and carefully packed, however, they don't take responsibility if something happens to it in-flight. Special handling clearance may be required, so again, speak with the airline at the time of booking if you intend to take all your PN supplies with you.

All of these luggage concessions and allowances will need to be discussed with the airline at the time of booking, and remember that free allowance for medical luggage is not a right, but a concession; it is a discretionary gesture from each airline as to how they manage this.

You will also need to check whether any of your luggage is prohibited on board aircraft, whether in hand luggage or checked-in luggage (eg as well as spare batteries, some airlines may also prohibit bottled Chlorhexidine in both hand luggage and checked-in luggage). Permission will most often be granted if the request is included in your doctor's 'fitness to fly' letter at the time of booking, however if it isn't, you will need to discuss an alternative with your doctor/hospital team. For example, depending on what you use bottled Chlorhexidine for, buying methylated spirits at your destination may be an acceptable alternative.

f. Hand luggage

If you require nightly PN infusions, PNDU strongly advises you to carry *at least* one night's supply of PN (in an esky/chilly bin with ice bricks and fridge thermometer, if refrigeration is required), two days' supply of consumables, and a spare bag of IV saline/dextrose as 'safety stock' in hand luggage. This is to cover the unlikely event of your checked-in luggage being mislaid, or your flight being extensively delayed or diverted.

A soft-sided esky/chilly bin enables you to fold it up for easy storage when you reach your destination. Another option is to wrap your PN bag in a towel with a single ice brick. It can stay cold with the ice brick still frozen for

6 to 8 hours. Check with your hospital team that they agree an esky/chilly bin or towel with ice brick(s) is satisfactory.

For overseas travel where this will amount to more than the limit of 100ml containers of fluid in hand luggage, specific approvals of this excess fluid as well as ice bricks in hand luggage may need to be obtained from the airline at the time of booking. Include this request in your doctor's 'fitness to travel' letter. The airline(s) may not allow excess weight and size for medical hand luggage, due to occupational health and safety issues, so be sure to check at the time of booking.

Very importantly, your need to carry this fluid in hand luggage **MUST** be included in your 'travel letter', along with a copy of the prescription for this fluid. Your 'travel letter' will need to be shown to airport security staff when your hand luggage is being screened.

Most standard PN formulas are sufficiently stable to pass through x-ray screening at the airport, but we advise you talk with your hospital pharmacist and seek their advice on your particular formula. You may also be asked by airport security personnel to show written information/confirmation regarding the safety of x-raying your pump and/or solutions. Have your hospital team ask your homecare provider (and pump provider, if necessary) for a letter to this effect.

There are currently no restrictions on fluid amounts in hand luggage for domestic travel in Australia and New Zealand. The total weight however, must comply with the airline's hand luggage weight and size restrictions, unless special approval is given by the airline.

g. Connecting/disconnecting while travelling

If you intend to connect up to your PN before you leave your home and/or disconnect once at your destination, you will need to consider the extra infusion time this will require. Talk to your hospital team for their advice if you will need to connect/disconnect/change infusion bags while travelling. Some airports have medical centres, even in the transit lounge eg Singapore's Changi Airport, where it is possible, for a small cost, to book time in a medical room where you can carry out your medical routine in a clean environment.

h. Carer discounts

If you are unable to travel by yourself, you may be entitled to discounted travel for yourself and/or your carer. If flying with Qantas, go to

www.qantas.com.au/travel/airlines/travelling-with-an-escort-or-carer/global/en for more information. At the time of printing Air New Zealand doesn't offer this discount.

16. Emergencies

With your doctor/hospital team, think about what could go wrong and have a plan of action in case of an emergency. Discuss the possibility of travelling with a repair kit for your central line.

Before you travel, find out where the nearest major hospital is in the area you are travelling to, or if no major hospital, the nearest medical centre/community hospital. Ask your doctor if he or she knows a doctor familiar with HPN in the area in which you will be staying and request him/her to brief this doctor about your condition. Find out the phone number of the local pharmacy ahead of time, in case you need a prescription phoned in.

Discuss with your hospital team how any problems associated with your PN bags not being delivered when or where you expect them to be would affect you and what action you should take.

Whether you choose to have your PN produced at your destination, shipped or take it yourself from home, it is always advisable to carry emergency supplies ('safety stock'), including a bag(s) of IV saline/dextrose with you, on your person, when travelling in case there is a problem, or delay with your PN delivery. And always keep a fridge thermometer with any refrigerated PN. Even if everything goes perfectly in terms of PN delivery, there could be interruptions to power supply or faulty fridges, eg a hotel fridge that's too cold could freeze the solution.

Talk to your doctor/hospital team/pump company about a back-up plan (extra pump or battery, or, if appropriate, how to gravity feed), in case you have trouble with your pump when you are travelling. If travelling overseas, ask your hospital team to see if your pump provider has a distributor or contact in the country you are travelling to.

Also, discuss with your hospital team how much support they think your homecare provider if travelling domestically, or the overseas homecare provider if travelling overseas, can offer you while away? What advice can they offer in respect of additional consumables in the event of something happening while away?

Nearly ready to go? ...

17. Preparing for transportation of your HPN supplies

If you have arranged to have your PN solution delivered to your travel destination, before you leave you, your hospital team and the homecare provider should know details such as:

- how many bags of PN and other fluids are being transported (if not being produced at your destination)
- your travel itinerary (including flight/transportation information, destination addresses and phone numbers).

In addition, ensure you verify information with any contact responsible for receipt of your supplies at your travel destination, a **SECOND TIME** the day before or on the day you expect the supplies to arrive.

If travelling with a transport organisation, make sure your boxes of PN, and any luggage containing your medical supplies, are clearly labelled **“MEDICAL SUPPLIES – HANDLE WITH CARE”** or something similar (see **Appendix for sample label**) and request the transport provider to also attach “Fragile” labels to all boxes or luggage containing medical supplies.

18. Preparing to fly

a. Charge all batteries

Some airports now require that any battery operated devices, including medical devices, be turned on for checking during the security screening process. Therefore ensure all batteries for your infusion pump are fully charged before you get to the airport.

b. Seat reservations

You can request that your seats be allocated in advance so that you are near the toilets or have extra leg-room. Some airlines do make a nominal charge for this, so be prepared. Unfortunately the seats which offer the most space are those by the exit doors and these are never allocated to a person with a disability. If the airline is unable to allocate seats in advance, then be sure to check-in early, as this will give you a better chance to select seats of your choice.

c. Airport transportation

If your mobility is poor or you tire quickly, you can request transportation around the airport via a chauffeured buggy or a wheelchair pushed by a

member of the airport's ground staff. Long lines and long walks to the gate can also be a problem for children infusing – airlines do have wheelchairs available for use if your child is too old for a stroller.

A note of warning if you are travelling on your own and have pre-arranged for mobility assistance – one of PNDU's members has found that this assistance may not always materialise. Consider whether you should travel with someone who can assist (**see section 15h 'Flying – Carer discounts'**).

d. Assistance through security

For international flights where security screening can be daunting, some airports may be willing to arrange for a member of airport security staff to assist you through security screening. Contact airport security to see if this is available. If it is, ring the airport several days in advance of your flight to organise.

e. Baggage reclaim

If you are unable to lift your bags from the reclaim conveyor belt, check with your airline in advance whether they can arrange for a porter to help you with your baggage. You should remind them when you check-in before departure.

19. More useful information

Thought of everything? See below for more information which you may find useful.

Local Embassy: if travelling overseas, know the location of the local Australian or New Zealand Embassy; you never know when they may prove helpful.

Smartraveller and Safetravel: if travelling overseas, register your travel itinerary and contact details before you leave home – <http://www.smartraveller.gov.au/> and <https://www.safetravel.govt.nz/> – so that you/your family can be easily located and contacted in the event of an emergency of any kind.

First aid kit: whether you are travelling locally or overseas, always carry a first aid kit.

Thermometer: just in case you feel unwell.

Vaccinations: like all travellers, don't forget to get all travel vaccinations recommended for your destination.

Anti-bacterial gels and wipes: be sure to pack plenty of these and always keep some in your hand luggage for use on transport carriers and in public toilets.

An extension lead and double-adaptor: if travelling locally, this can be very useful when charging your pump battery.

A night light: to help find that toilet during the night in unfamiliar surroundings.

A work surface: it is vital to ensure that you do not pick up any unwanted germs. A piece of melamine, plastic or stainless steel tray is ideal for travelling, instead of a trolley. Holiday accommodation has a high rate of usage by many people and surfaces can carry unwanted germs. If you can't take a work surface with you, ensure you always clean the surface TWICE with a suitable anti-bacterial solution before starting any procedure.

Coat hanger or Occy strap: if you hang your PN bag while it warms to room temperature or during connecting up, a coat hanger or Occy strap is easy to carry and can be hooked onto a door or hook, or over a curtain rail.

Bottled water: if the water is not recommended for drinking, we suggest you use bottled water for hand-washing before commencing any procedures.

Medical ID card/bracelet: many healthcare professionals are unfamiliar with the use of long term central venous access devices for HPN. To protect your access, in addition to the information contained in your travel folder for use during travel and any emergency hospital admission, always carry an ID card, or MedicAlert® bracelet, or similar, on your person that describes vital information about your medical condition and central venous catheter.

Stoma supplies: if you have a stoma, take extra supplies to cover accidents or faulty goods. You may have to change bags more frequently in hot weather. If you use scissors and are flying, pre-cut your bags, but always pack a spare pair of scissors in your checked-in luggage.

Remember – scissors are not permitted in hand luggage without a letter from your doctor clearly stating why you need them. If scissors are required during travel, include this in your 'travel letter' from your doctor. (See section 12b 'What your doctor needs to provide'.)

Sharps container: your normal sharps container may be too bulky to pack. In Australia, small sharps containers are available from Community Health Centres. If you don't think you'll be able to obtain a sharps container at your destination, take a smaller plastic container or plastic jar for the purpose and preferably, arrange to appropriately dispose of it before your return journey.

National Public Toilet Map: if you are taking a domestic holiday, the following websites provide locations, maps and directions for public toilets:

Australia: www.toiletmap.gov.au and

New Zealand: www.toiletmap.co.nz

Off we go... (travelling)

20. At the airport

Most adults and children on PN don't look sick so it is easy to be refused special services. While elsewhere you would be discreet with tubes and bags and external medical attachments, in the airport expose as much as you can – a wheelchair also helps.

a. Checking in

Remember to arrive at the airport early – if you have special requirements, you may not be able to obtain a boarding pass on-line, by mobile or from a check-in kiosk, but will most likely be required to go to the airline's check-in counter. Checking in may take longer than you expect. It may also give you a choice of seats, if you were unable to reserve them in advance.

b. Room for your medical equipment

If you are infusing in-flight and flying in economy class, it is advisable to request/arrange for a spare seat beside you on which to sit your backpack (containing your pump and infusing PN) during flight. Due to cabin noise, it is not always possible to hear the pump alarm if the PN and pump are stowed on the floor. In addition, legroom may not be sufficient to accommodate it. A spare seat may not be possible to organise until you are on the plane and may require you to move to other seats once everyone is seated. It will also be at the discretion of the cabin crew and dependent on how full the plane is.

c. Airport Information

If your flight is delayed and you need medical assistance, go to the airport's Medical Centre. If you are unable to find it, ask at the information desk.

d. Airport Security Screening

Make sure you have with you a laminated copy of your 'travel letter', translated if necessary, from your doctor outlining all that you are carrying as hand luggage and why, as well as any other documentation in relation to your supplies eg letter from homecare company/pump provider regarding PN solution and pump x-ray safety, letter from your stomal therapist.

Always ensure that any other medication that you may need during the flight is accessible too, leaving it in its original packaging with the pharmacy labels still attached. Be sure also to keep any personal fluid/gel items in a separate requisite clear plastic bag for screening and easy distinction from your medical supplies and equipment.

To avoid any problems with possible 3D scanning, it is recommended that if you have an ostomy, you empty your appliance before you approach a security checkpoint.

At the first opportunity when approaching a security checkpoint, speak with a security officer and briefly explain that you are carrying medical supplies and equipment, and if applicable, are attached to a medical pump and bag of fluid which cannot be detached and which is likely to activate the alarm. Show the security officer your 'travel letter'. A more senior officer may be called to check and give consent and/or your medical supplies and equipment may require additional inspection and screening.

If your 'travel letter' is rather lengthy, it may assist by pointing to specific items on the 'travel letter' as these items are inspected.

If you are the carer of a child on PN, it is recommended that you ask the security officer(s) to wait until you (the carer) pass through screening before they screen your child.

If infusing and having activated the metal detector alarm, further screening/inspection will be required, which will most likely include scanning with a hand-held metal detector, a full-body pat-down (by someone of the same gender as you and taking approximately 30 seconds) and swabs taken from your backpack, pump and PN bag, and in some cases, the outside of any ostomy appliance. You can request that any pat-down be done in a private room, which will require a second security officer to act as a witness. Remain calm, pleasant and compliant – the security officers are simply doing their job of protecting the flying public. You may even find yourself raising awareness of HPN and Intestinal Failure with interested security officers!

e. Pre-boarding the aircraft

You can request that you and one other person in your group board the plane prior to other passengers, so that you are comfortable and your hand luggage is safely stored away nearby. If you are travelling with children, request that your whole family be allowed to pre-board.

One last word

If you elect to take a holiday, then you need to assume responsibility for the arrangements and any possible consequences. Be realistic when taking your first holiday, following the advice of your doctor/hospital team, and using the experiences and information from fellow PNDU travellers in this booklet. Try to record your own experiences, not only so you yourself can build on those experiences in the future, but also for the benefit of other HPN travellers.

Start early and plan well. Seek as much advice as you feel you need when making any travel arrangements. **Do not finalise your travel plans or bookings until you have made sure that all your HPN needs can be met, and ensure at all times, that the safety of your medical supplies is guaranteed.** Airport security has been tightened over the years and we advise you to be prepared for increased checks. Supporting literature is more important now than it ever was. Adopt a calm exterior and be pleasant but firm when dealing with people. Being well-prepared and having a friendly attitude goes a long way to ensuring a great holiday experience for everyone.

Above all: HAVE FUN and BON VOYAGE!!

Glossary of terms

Consumables – the items you use to connect and disconnect your Parenteral Nutrition such as syringes, gloves, flushes, sterile packs, swabs.

Giving sets – the tubing used in the pump to deliver your Parenteral Nutrition.

Homecare provider – the company such as Baxter Healthcare Pty Ltd or Biomed Ltd, or in some instances, your hospital, that provides you with your Home Parenteral Nutrition supplies.

HPN – Home Parenteral Nutrition

PNDU – Parental Nutrition Down Under

PN – Parenteral Nutrition or Total Parenteral Nutrition

Solution – your Parenteral Nutrition

Acknowledgements

We gratefully acknowledge The Oley Foundation USA and PINNT UK for permission to use some of their travel information. www.oley.org and www.pinnt.co.uk



Appendix – Resources and Final Checklist

Resources available from PNDU:

- Networking with other Aussie and Kiwi HPN travellers
- Oley Travel/Hospitalisation Pack
- Consumables inventory
- Assistance with approval for pump use in-flight (Qantas and Air New Zealand)
- Sample medical luggage label:



Checklist for Traveller

| Item | Checked |
|--|---------|
| To be organised before you go (as applicable): | |
| • Discuss plans with doctor and hospital team (including fluid requirements, medical contact at destination, emergency contingency plans, travel insurance for pre-existing medical conditions) | |
| • Request your hospital team to advise homecare provider of holiday plans and discuss needs, including a suitable overseas homecare provider | |
| • Discuss plans and requirements with:, <ul style="list-style-type: none"> ○ travel agent ○ airline/cruise ship operator ○ tour operator ○ accommodation | |
| • Obtain Travel insurance covering all pre-existing conditions | |
| • Quote from homecare provider of any additional costs | |
| • Approvals/concessions from transport provider (see 'Documentation' below) | |
| • Doctor/hospital team to contact and liaise with overseas doctor/medical team: <ul style="list-style-type: none"> ○ to be made aware of medical condition and travel plans ○ to sign off on PN prescription ○ be willing to assist if any medical needs while travelling | |

Travelling with Parenteral Nutrition

Checklist for Traveller

| Item | Checked |
|---|---------|
| • Arrangements for receiver and storage of PN supplies at destination | |
| • Accommodation: | |
| ○ Refrigerator/freezer | |
| ○ suitable sink and taps | |
| ○ hooking up space and surface | |
| ○ 24 hour electricity | |
| • Sufficient pump battery life for travel | |
| • Alternative to prohibited supplies, eg bottled Chlorhexidine | |
| • Clean environment in transit or destination airport in which to connect, disconnect or change infusion bags | |
| • At the airport: | |
| ○ Transportation around airport | |
| ○ Assistance through security screening | |
| ○ Pre-boarding | |
| ○ Spare seat for backpack | |
| Documentation (as applicable): | |
| • 'Fitness to travel' letter for transport organisation, including: | |
| ○ medical condition(s) | |
| ○ PN, type of central line and need to infuse in-flight | |
| ○ Necessity to transport medical supplies (hand luggage and checked-in luggage) | |
| ○ Request permission to infuse in-flight, including during take-offs, landings and taxiing | |
| ○ Request permission to keep PN backpack on chest during take-offs, landings and taxiing | |
| ○ Request permission to carry spare batteries (alkaline or lithium) and/or bottled Chlorhexidine | |
| ○ Request permission to carry as hand luggage and keep on your person sufficient supplies in case of emergency or lost luggage, and for medication administration during travel | |
| ○ Request additional checked-in luggage allowance for medical supplies | |
| ○ Declaration of fitness to travel | |
| • 'Travel letter' for security checks throughout travel, translated if necessary, and laminated, including: | |
| ○ medical condition(s), including stoma | |

Travelling with Parenteral Nutrition

Checklist for Traveller

| Item | Checked |
|---|---------|
| <ul style="list-style-type: none"> ○ PN, type of central line and need to infuse in-flight ○ statement that your health is dependent on the personal carriage of appropriate medical supplies and equipment (needles, syringes, scissors, fluids over 100mls including ice bricks, pump, alkaline and/or lithium batteries, bottled Chlorhexidine) and reason for use/carriage ○ list of medication ○ copy of PN prescription ○ Declaration of fitness to travel | |
| • Your personal information including medical history and other vital information | |
| • Pharmacy printouts | |
| • Airline approvals/concessions (in writing): | |
| <ul style="list-style-type: none"> ○ Excess luggage allowances (checked-in and hand luggage), including return journey, if necessary ○ Pump use during flight (including take-off, landing and taxiing) ○ Pump backpack to be kept on chest during take-off and landing ○ Permission to carry spare batteries for pump and/or bottled Chlorhexidine | |
| • List of contacts: | |
| <ul style="list-style-type: none"> ○ Your own doctor ○ Your own hospital team ○ Your own homecare provider ○ Australian or New Zealand Embassy at destination ○ Accommodation contacts ○ Nearest hospital at destination ○ Medical contact at destination ○ Pharmacy at destination ○ Homecare provider at destination ○ Pump distributor at destination ○ Stoma bag supplier at destination | |
| • Written notification from stomal therapy nurse for security scanning | |
| • Certificates/letters regarding pump and solution safety for x-raying and while infusing | |
| • Medical luggage labels | |

Travelling with Parenteral Nutrition

Checklist for Traveller

| Item | Checked |
|---|---------|
| To take with you (as applicable): | |
| • All documentation (with hard copies and USB data stick in each piece of luggage), including laminated 'Travel Letter' and personal medical history information. (See Documentation list above.) | |
| • Sufficient emergency HPN supplies in hand luggage | |
| • Bag(s) of IV saline/dextrose | |
| • Medication in original packaging | |
| • Pump, batteries and charger (always in hand luggage and batteries fully charged) | |
| • Back-up pump or long-life battery (always in hand luggage) | |
| • First aid kit including personal thermometer | |
| • Central line repair kit | |
| • Fridge thermometer | |
| • Extension lead, double adaptor, work surface, coat hanger/Occy strap, night light | |
| • Travel electricity adaptor | |
| • Suitable size sharps container | |

To Do List for Your Doctor/Hospital Team

| Item (as required) | Checked |
|--|---------|
| • Contact homecare provider to: | |
| ○ advise of holiday plans – destination(s) and dates | |
| ○ advise hospital's approval of the traveller's holiday | |
| ○ confirm the hospital will cover the cost of the PN and consumables to be provided at overseas destination, if cost neutral or less | |
| ○ request information and confirmation regarding availability of an overseas homecare provider to supply refrigerated/multi-chamber unrefrigerated PN in destination country/countries and contact details; and ascertain whether any difference in homecare provision and/or cost | |
| ○ ascertain whether overseas homecare provider will/won't split boxes of multi-chamber unrefrigerated PN. | |
| ○ check availability of delivery of HPN supplies – dates and delivery options eg to cruise ship port a day early | |

Travelling with Parenteral Nutrition

To Do List for Your Doctor/Hospital Team

| Item (as required) | Checked |
|--|---------|
| <ul style="list-style-type: none"> • If homecare provider cannot advise of homecare provider in destination country, hospital team to source appropriate or comparable provider, and/or discuss other options eg transporting all supplies from home or shipping to destination | |
| <ul style="list-style-type: none"> • Decide on the equivalent PN formula to be made up by the overseas homecare provider | |
| <ul style="list-style-type: none"> • Seek from homecare/pump provider: <ul style="list-style-type: none"> ○ recommendations regarding voltage compliance in destination country/countries and options available ○ details of pump distributor or contact in destination country/countries ○ supporting literature for transport of PN, and safety of x-raying PN and pump as well as while infusing | |
| <ul style="list-style-type: none"> • Advise homecare company of all delivery details at holiday destination, including: <ul style="list-style-type: none"> ○ Address ○ Contact name and telephone number ○ Dates (travel dates and requested delivery days) ○ All PN supplies to be delivered | |
| <ul style="list-style-type: none"> • Complete required letters for traveller, including 'Fitness to Travel' and 'Travel Letter' | |
| <ul style="list-style-type: none"> • Contact and liaise with overseas doctor/medical team: <ul style="list-style-type: none"> ○ to be made aware of medical condition and travel plans ○ to sign off on PN prescription ○ be willing to assist if any medical needs while travelling | |
| <ul style="list-style-type: none"> • Discuss action plan if a PN delivery fails to arrive or is delayed or you experience pump problems: <ul style="list-style-type: none"> ○ whom to contact ○ what supplements/alternatives traveller might carry to use until the delivery problem is resolved | |
| <ul style="list-style-type: none"> • Organise and obtain any additional equipment as required eg long-life or additional battery (and pump), or battery pack attachment for disposable batteries | |
| <ul style="list-style-type: none"> • Discuss and train traveller in any additional requirements or necessary skills for travel, if appropriate eg port needling, how to run a gravity feed, flushing before turning off pump during aircraft take-off, landing, etc. | |

My Contact Details

| |
|---|
| My doctor: |
| My hospital team: |
| My homecare provider: |
| My Embassy at destination: |
| Accommodation contacts: |
| Nearest hospital at destination: |
| Medical contact at destination: |
| Pharmacy at destination: |
| Homecare provider at destination: |
| Pump distributor at destination: |
| Stoma bag supplier at destination: |

Parenteral Nutrition-Down Under (PNDU) is a non-profit volunteer organisation founded in 2009 that aims to provide support and information for patients, carers and providers of Parenteral Nutrition (PN) for Intestinal Failure (IF) in Australia and New Zealand, and to encourage and assist research into HPN and IF.

We provide private discussion forums, quarterly e-newsletter, social gatherings, workshops, awareness-raising, and more.

PNDU welcomes new members – not only those Aussies and Kiwis living with HPN and their carers but also clinicians, industry representatives and others generally interested in IF and/or PN. To receive PNDU's newsletter, please go to www.pndu.org and for more information, email us at contactpndu@gmail.com. If you are a healthcare professional, please pass this information on to any HPN patients you may be caring for.

