

Stoma Care & Travelling

Hints & Tips



Debbie Stenning –Team Lead Stoma Care

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Travelling with your Stoma by car, plane or cruise

Be prepared.....

By car Keep a small emergency travel kit (wipes, disposal sacks, adhesive remover and pouches).

- Remember to rotate the emergency kit (storage, use by dates).
- Check ahead to the area you are travelling to and plan the journey.
- Seatbelts can be problematic- a small cushion over the stoma and under the belt may help (seatbelt stoma protectors from Etsy)
- Urostomy- consider a leg bag/ night bag to empty
- Travel Johns



Travelling with your Stoma –by car, plane or cruise

By Plane

- Plan early- call the airline when booking your flight.
- Discuss your condition and ask about extra hand luggage for medical supplies, any adjustments you may need – seats close to toilets, aisle seats, assistance
- Check airline policy – sharps, flammable sprays (take adhesive remover wipes and precut pouches in hand luggage)
- Spread your pouches and equipment between cases, mitigate issues with lost luggage
- Know your airport- accessible toilets/assistance desk (sunflower lanyard)
- Arrive early to avoid delays if you are searched by security
- Travel cards, list of medications/prescription items reduces delays and is evidence
- Scanners may show up stoma pouch- you have a right to privacy and can request a private search (same gender officer)

Travelling with your Stoma –by car, plane or cruise

By Plane

- Use the toilet before you board and before meals to avoid busy times.
- Cabin pressure changes- drainable pouches, avoid fizzy drinks or food and drink which may upset your tummy , the night before you fly.
- Carry a small plastic cup – rinsing toilet
- Let the cabin crew know you may need discreet support.
- Wear loose fitting clothing (long journeys and swelling)

Travelling with your Stoma –by car, plane or cruise

By Sea/Cruise

- Often easier as more spacious
- Know where the medical room is and how to contact the on-board doctor if needed
- Let the cruise company know ahead of boarding regarding disposal of pouches

Insurance

- Make sure the company provides the level of insurance you need.

Age UK Tel: 0800 389 4852 Web: www.ageuk.org.uk

Free Spirit Tel: 02392 419080 (Quote FPM1) Web: www.freespirittravelinsurance.com

Saga Travel Insurance Tel: 0800 0158055 Web: www.saga.co.uk

Worldwide Travel Tel: 0189 283 3338 Email: customerservices@worldwideinsure.com Web: www.worldwideinsure.com

European Health Insurance care (Now GHIC) available <https://www.nhs.uk>

Lets you get necessary healthcare in EEA and some other countries

Travelling with your Stoma –by car, plane or cruise

Other information

- Don't drink the local water/ ice / ice cream unless it is safe to do so
- Stay hydrated – take a rehydrate solution with you (effervescent tablets , dioralyte)
- Take loperamide (imodium) with you
- When swimming, empty your pouch before and use a filter cover
- Take enough supplies for your usual change regime and double it.
- Don't forget the sunscreen
- Black pouch covers can promote burning and can get very hot

If you have a colostomy and irrigate- consider doing so with bottled water if the local water isn't safe

Other important stuff

Fittleworth medical are part of World Assist Alliance

- Assists people while abroad to obtain emergency supplies free
- Only available to people who have had 3 prescriptions in 12-month period
- Only available in certain countries
- Contact customer services for a list on 01903 734140
- Sent from a supplier in the country you are visiting so may not be the same products.

Speak to your DAC to see if they do the same – it is for emergencies only

Thank you for listening

Resources used for this presentation
are

Fittleworth Medical, Coloplast, Salts Medilink and Colostomy UK

Any Questions

hiowhealthcare.nhs.uk



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