

TRAVELLING WITH AN OSTOMY

Ensure you have spoken to your delivery company / GP at **least four weeks** in advance for additional supplies for your holiday. This will ensure you have the correct number of pouches and accessories and still have time to order last minute items. A rule of thumb is to **order double what you would normally have**. However there are some clever little items you can add to ensure you don't run out:

SUPPLIES

Trio **Silex**® silicone flange extenders – waterproof, light, flexible and ideal for hot weather and swimming. This will help to reduce the number of changes and accidents.



Trio **Pearls**® Gelling and odour Control Sachets – You may be able to go longer without the need to drain or the risk of leaks (for drainable pouch users).



PACKING

When packing, split your pouches and equipment across your hand luggage and suitcase so if one bag gets lost or stolen you still have supplies. If you have a travelling companion then placing some supplies with them can also give you another option should items of luggage go missing.

HOT WEATHER

Hot weather can affect hydrocolloid adhesive on the pouches, therefore storing stoma supplies in a cool bag will help stop any effect heat may have on your pouches. If travelling to a hot climate, it's important to keep pouches in a cool, dry environment.



In hot countries the adhesive on your bag can feel like its melting, so use Trio **Silex**® Silicone Flange

Extenders for additional security. They're waterproof so will not be affected by heat or moisture.

Pre-pack your return travel items so that you have not used everything during your trip. This way you will not need to 'remember to keep some for later'.

CLICK HERE FOR YOUR FREE SAMPLE

