

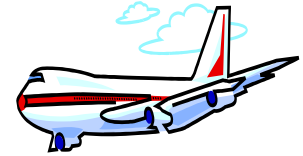
# Travel and Medication Safety

## Patient Tip Sheet

If you are planning a trip, be sure to plan ahead and ask your pharmacist the best way to travel safely with your medicines.

✓ CARRY A LIST OF ALL YOUR MEDICATIONS

- In case you lose your meds while on your trip, you may need a new prescription.
- A list would also be helpful in case you have to go to the emergency room.



✓ TAKE AN EXTRA SUPPLY OF YOUR MEDICATIONS

- This will be useful in case you stay on your trip longer than expected.
- Also bring along a few over-the-counter medications that you may need to relieve pain, headaches, diarrhea or allergic reactions/allergies. Ask your pharmacist for specific product recommendations.

✓ IF YOU ARE FLYING...

- Show your medicines, including any liquids, IV bags, pumps, or syringes, to an airport security guard before going through security and request inspection by a person instead of an X-ray machine.
- Some states require that you keep your medicines in their labeled medicine container, not in a pill box. Plan accordingly.
- Keep your medicines in your carry-on bag:
  - o So they are easy to access during your flight
  - o So you don't lose them if your checked bags get lost
  - o So that your medicines don't experience extremes of temperatures or excessive humidity (store in a dry, cool place)
- Ask your pharmacist before your trip if any of your medications might make your skin more sensitive to the sun. If so, pack sunscreen and protective clothing/hats.
- For long trips, get up and walk around once per hour, drink plenty of water, and wear compression stockings to prevent a blood clot (DVT) from forming in a vein.
- For more information, visit the Transportation Security Administration (TSA) at: <http://www.tsa.gov/traveler-information/travelers-disabilities-and-medical-conditions>