

Tips for Traveling with an Ileal Conduit



Travel for individuals with urinary diversions and their loved ones can present additional challenges beyond deciding which shirt to pack. The Activities of Daily Living subcommittee of the BCAN Survivorship Working Group created this list of tips to take the turbulence out of traveling with a diversion. We hope these tips increase your chances of smooth sailing on your next adventure.

Bon voyage!

WHAT TO PACK



- » Before packing for your trip, write a list of all the supplies you need. Use this list as you pack to ensure you include everything.
- » **You should pack twice as many supplies as you would use at home.** For example, if you will be gone for 12 days and you usually change your bag every three days, it would be wise to pack eight sets of supplies
- » Each ileal conduit (IC) person has their own routine, so your list may differ from another survivor's list. However, everyone with an IC will need bags, wafers, or one-piece bag system. Other supplies may include barrier rings, Brava strips or tape, and barrier wipes.
- » Remember to pack your night bag AND connector. Your night bag can be stored in a two-gallon size Ziplock bag during the day.
- » Other items that may be handy during travel include a small bottle of hand sanitizer and small plastic bags used to dispose of your used ostomy wafers and bags.

HOW TO PACK

- » If you do not use pre-cut wafers or moldable ostomy wafers, consider cutting your wafers at home before your trip.
- » Pack your supplies in two places. Your ostomy supplies should be treated like medications and the majority should be packed in your carry-on bag. Place a few of your ostomy supplies in your checked luggage.
- » A statement from your healthcare provider stating your need for ostomy supplies might be helpful, but not necessary.
- » If you are carrying liquids, be mindful of the TSA 3-1-1 rule, which is liquids, gels, and creams must be less than 3.4 ounces, in 1 quart size bag, and 1 quart size bag per traveler. Take only small samples of liquids you might need right away or in transit with you in your carry-on bags. For more information on allowable liquids, the 3-1-1 rule, and medical exemptions, visit www.tsa.gov.

Please know that many, if not most, people with an ileal conduit experience no problems or unpleasant issues when flying, either within the U.S. or internationally. Try to relax and think about the great time you will have on your trip. Don't forget to drink plenty of water!





AIRPORT SCREENING

- » Inform the TSA agent that you have an ostomy pouch and indicate where it is located on your body. You may present the agent with the TSA notification card or other medical documentation of your condition.
- » When your carry-on bag goes through the screening machine, it may be manually examined to determine what is inside. The TSA agent will tell you what they are doing. You can mention you have an ostomy, and these are your required supplies. After examining your bag, they will return it to you.
- » When you go through the body scanner, it will show that you have an ostomy bag. The TSA agent will ask you to step aside for a self-pat-down over your ostomy area on the outside of your clothing. Your hands will then be tested for traces of explosives or drugs. You may also undergo a standard pat-down of areas that do not include your ostomy pouch. At any time, you may request a private screening and a chair. You may request to speak with a TSA supervisor about any concerns you may have. You **SHOULD NOT** be asked to expose your ostomy or remove clothing from sensitive areas.
- » If an incident does occur, report it to TSA and follow up with the United Ostomy Associations of America (UOAA at www.ostomy.org) to ensure that action is taken to resolve the issue.
- » To eliminate some of the hassle of the TSA screening process such as removing shoes, belts, light jackets, laptops, 3-1-1 liquids, and long screening lines, you can apply for TSA PreCheck at www.tsa.gov/precheck. The current cost is \$85 for five years. It requires an online application and a short in-person appointment for a background check and fingerprinting.



TRAVEL NOTE: You may always have a travel companion with you during your private security screening. Officers should not ask you to show your pouch during your screening.

TRAVELING

- » When you are traveling by plane, it is a good idea to carry the “Traveler’s Communication Cards”.
- » To obtain the “Traveler’s Communication Cards”, visit the United Ostomy Associations of America (UOAA at www.ostomy.org) and make a copy of the cards. Consider laminating them to carry in your wallet.
- » This card can help you communicate with the TSA officers and airline flight attendants. It is your legal right to use these cards when you wish or need to speak to them in a non-verbal way.
- » Please note that this card is neither a certificate nor a pass to help you avoid the security screening process!

OTHER RESOURCES

- » Transportation Security Administration (TSA) www.tsa.gov or call 855-787-2227
- » Wound Ostomy and Continence Nurses Society (WOCN) www.wocn.org