

Tips for Traveling with a Neobladder or Indiana Pouch



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 WHEN YOU TRAVEL BY AIRPLANE



- » Pack a catheter and lubricant in your carry-on in case of a mucus blockage.
- » Bring saline for irrigation, if needed. TSA considers this a medical fluid and can be brought on the plane. It should be placed in a bin and identified as a medical fluid to TSA agents. For more information on medical exemptions and allowable liquids, please visit www.tsa.gov.
- » If you catheterize regularly, take two days of **extra reusable catheters and lubricant in your carry-on**. Lubricant may be hard to obtain in large tubes at pharmacies in Europe. If you need to buy supplies, they can be obtained at “adult accessories” shops. Most pharmacies do not carry disposable catheters, but you can order them from select medical supply companies for next day delivery.
- » Bring guards or adult diapers. If you are flying internationally, pack these in your carry-on bag.
- » Pack extra sleepwear. If you are flying internationally, pack these in your carry-on bag.
- » Check with your healthcare provider about filling a seven- day prescription of Cipro or Bactrim to take in case of urinary tract infection.
- » Consider taking cranberry supplements to minimize mucus and possibly prevent creation of neobladder stones, if your doctor supports this.
- » It is a good idea to pack extra adult diapers or pads to wear at night, as well as disposable under pads.
- » Pack small opaque plastic disposable bags to dispose of used personal items on the plane, in hotels, and private homes.

You may want to consider wearing a Medical Alert bracelet. This is strongly recommended when traveling outside the United States. The bracelet will alert medical personnel to your special needs if you become incapacitated.





TRAVELING BY CAR

- » Carry an empty bottle or urinal in case there are no public restrooms.
- » Stay well hydrated to keep mucus thin and easy to pass.
- » Make frequent stops to toilet.



TRAVELING BY PLANE

- » Empty your neobladder more often than the normal four hours or whatever is now your “normal” voiding intervals. Flights may experience turbulence, transfers at airports may be hectic, or you may experience adverse weather conditions or traffic jams. Time zone changes may add to the confusion of when you last voided. Please consider this in your planning.
- » Even if it is not your normal anticipated voiding time, if the pilot turns off the seatbelt sign, consider a trip to the toilet before you normally need to.
- » Plan to void ahead of departure time, especially if weather conditions, construction or rush hour may delay your voiding intervals.
- » Consider booking an aisle seat due to your frequency of getting up and out of your seat to void.
- » On long flights, you may want to wear a pad or adult diaper in case you can't make it to the restroom in time. Keep at least one catheter in a convenient pocket or carry-on bag so it is readily available.



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.

OTHER RESOURCES

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