

Travel tips from your transplant nurses

Connect & Learn
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When can I travel?

North America: 6 months post-transplant

Outside North America: 1 year post-transplant



Before you go

- Call the transplant clinic
 - Travel letter
 - Transplant pharmacist about when to take your meds in different time zones
- Visit a Travel Clinic
- Do blood tests at least a couple of weeks ahead of departure
- Find out about travel insurance



Planning

- Nearest hospital and/or transplant centre at destination(s)
- Extra supply of regular medicines
- Pack emergency medicines (Tylenol, anti-nausea, anti-diarrhea, etc.)



Travelling



- Take medicines in carry-on bag. Do not check them!
- Keep medicines in their original containers
- Get up and walk on the plane
- Keep hydrated

Staying healthy

- Sun protection
- Mosquito repellent
- Drinking water
- Avoid dehydration, especially in a warm country or if drinking alcohol
- Safer sex



Getting sick away from home



- Sick day plan
- Avoid NSAIDs (medicines like Advil, Aleve, ibuprofen or naproxen)
- If you are having bad diarrhea and/or vomiting, keep hydrated with salt & water
- Some of your blood pressure meds may have to be stopped, ask about that when you talk to us ahead of time

- ✓ Visit Travel Clinic
- ✓ Call Transplant Clinic
(travel letter & pharmacist if needed)
- ✓ Travel insurance
- ✓ Extra medicines

Nearest hospital and
transplant centre at
destination(s)

Sick day plan

Sunscreen

Mosquito repellent



Have fun!