

# Travelling with a Stoma Bag

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Travelling with a stoma bag can feel daunting at first. You may be wondering how to carry supplies, manage changes, or deal with leaks. The good news: with a little planning, you can travel confidently and enjoy life just as you did before surgery.

As long as you feel well and have medical clearance (often several weeks post-surgery, depending on recovery), there's no reason to hold back, whether it's a holiday, work trip, or visiting loved ones. Starting with short trips can help rebuild confidence.

## Before you Go

- ✓ Speak to your stoma nurse or doctor for personalised advice
- ✓ Ask about support contacts at your destination
- ✓ Be mindful of foods before travelling to avoid issues
- ✓ Plan small trips first if you're feeling unsure

## Travel Insurance

Always declare your stoma and any related medical conditions.

Look for cover that includes:

- ✓ Pre-existing conditions
- ✓ Medical equipment and supplies
- ✓ Emergency treatment

## Hot Weather Tips

- ✓ Stay hydrated—use electrolytes if needed
- ✓ Heat and sweat may affect adhesion
- ✓ Change your pouch more often if needed
- ✓ Store supplies somewhere cool
- ✓ Avoid oily products near the stoma

**Medical disclaimer:** This information is general guidance only. Always follow advice from your stoma nurse or doctor, as individual needs and recovery can vary.

# Packing essentials

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List everything you use for a pouch change and pack at least double what you think you'll need into an easy access bag.

- Pre-cut bags (especially for flights)
  - Medications (e.g. anti-diarrhoea, rehydration sachets)
  - Small water bottle for cleaning
  - Disposal bags
  - Change of clothes
  - Keep product details and supplier contacts handy
- Consider extras:
- Drainable bags for upset stomachs
  - Odour control products
  - Mattress protection for overnight stays

## Tips for Different Types of Travel

### Plane

- ✓ Contact your airline in advance
- ✓ Ask about: baggage allowance, liquids, seating
- ✓ Carry most supplies in hand luggage
- ✓ Empty/change your pouch before security
- ✓ Request privacy if needed during checks
- ✓ Allow extra time at the airport

### Car, Bus & Train

- ✓ Plan routes with toilet stops
- ✓ Pack snacks, fluids, and supplies
- ✓ Avoid leaving supplies in heat
- ✓ Consider a seat near a toilet on trains
- ✓ Use a RADAR key or "Can't Wait" card

### Cruise

- ✓ Locate toilets and medical services early
- ✓ Bring plenty of supplies
- ✓ Check insurance covers all destinations

Learn more about living with a stoma from StoCare →

