

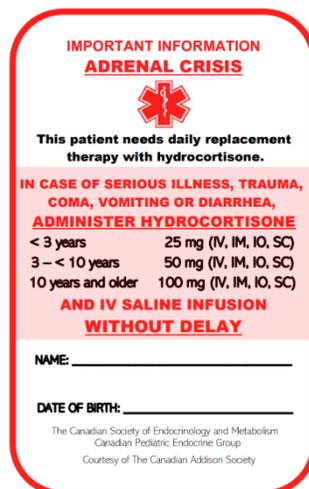
TIPS FOR TRAVELLING WITH ADRENAL INSUFFICIENCY

If you or a family member lives with adrenal insufficiency and have a trip coming up, you may be both excited and a little bit nervous about travelling outside of your usual comfort zone. Below are some tips to help you be prepared and travel as safely as possible.

- 1) Bring double the amount of medication you need in case some is lost or damaged. Depending on how long you are going, plan for extra glucocorticoid (prednisone, hydrocortisone, Pediapred®/prednisolone) for sick days and extra Solu-Cortef® or injectable hydrocortisone (minimum 1 vial, 2 is even better). If you need extra medications, the pharmacy can provide you with a "vacation supply" or fax your doctor a refill request. It is recommended to put the medication in a pharmacy-labelled bottle.
- 2) Bring along some anti-nausea medication (like Gravol™) in case of nausea to help prevent vomiting.
- 3) Bring all medication with you on carry-on. **Do NOT** forget your carry-on bags when you get off the plane. If you are going for a longer trip, you can put a smaller supply (one week) in a purse/backpack and the rest in your carry-on suitcase. **Do NOT** put medication in checked baggage, as you do not want to risk lost baggage. In addition, the temperature is variable in the check bag area of the plane and may affect the medication.
- 4) Depending on the time difference of your destination, you may need to adjust medication times. You can always check in with your medical team if you need advice.
- 5) Carry your *Cortisol Replacement Management* letter and *ER Instruction* letter with you. Your team can provide a travel letter in case there are any issues with carrying the needles and syringes during travel.
- 6) Medical ID: If you do not already have one, it is a good idea to get a Medical ID that states "Adrenal Insufficiency – Steroid Dependent". Options for IDs can be found here: www.bcchildrens.ca/endocrinology-diabetes-site/documents/medicalid.pdf.
- 7) Get travel insurance if you do not already have a plan through work. Be aware ahead of time of local medical facilities in case there is an emergency.

Tips for Travelling with Adrenal Insufficiency (continued)

- 8) Be mindful of the climate in your travel destination. If it is hot, ensure you stay hydrated and practice good sun protection. Check out <https://travel.gc.ca/travelling/health-safety/sun-tips>.
- 9) Check the destination location ahead of time for any precautions against infections that may be necessary. Travel clinics would have information on any concerns or precautions.
- 10) It is a good idea to pack some favourite snacks in case food is delayed.
- 11) Remember, if you have access to email, you can always email your clinic if you need advice while away. If you have a local phone plan with long distance, you can reach the Endo-on-call service team 24-7 as you usually would when you are at home.
- 12) Have an emergency contact for someone at home in case something were to happen while away. This contact information can be put on luggage tags/backpack tags.
- 13) Wallet cards like the below are available online or potentially through your clinic and can be kept with your emergency kit. Velcro wraps can go on backpacks or seatbelts.



The UK Addison's Disease Self-Help Group also has some websites tips for AI and travel:

- www.addisonsdisease.org.uk/members-travel-tips
- www.addisonsdisease.org.uk/travel-tips
- www.addisonsdisease.org.uk/travelling — adrenal crisis guidelines in different languages
- www.addisonsdisease.org.uk/making-the-most-of-the-holidays-tips-and-reminders