

# How do I travel with an ostomy?

## **SITUATION 1: LOW DISCLOSURE**

Traveling with an ostomy may be scary, especially if you have to go through security. If you are flying somewhere, a travel communication card might be helpful. Your ostomy bag may show up on some of the security measures. If you do not want to tell people very much, the card can be useful to help you communicate.

### **Suggestion:**

"Here's a card from my Doctor to explain what an ostomy is."

## **SITUATION #2: MEDIUM DISCLOSURE**

Security measures like bag checks may also be difficult. You may have supplies with you that raise questions. If you are afraid that your ostomy supplies might cause issues, it may be helpful to explain a little bit more about your ostomy supplies before the bag check happens.

### **Suggestion:**

"I have to travel with a few extra things because of my ostomy and I may set the machine off when I walk through. Here is a medical card from my doctor explaining why I need these supplies."

# How do I travel with an ostomy?

## **SITUATION #3: HIGH DISCLOSURE**

Flying in an airplane for the first time since receiving your ostomy can be scary. Flight attendants are there to help! Some people with ostomies choose to talk with their flight attendant before the flight takes off to answer their questions or erase any concerns.

### **Suggestion:**

"Excuse me, I have an ostomy and I might need to sit in the aisle seat and get up to use the restroom a lot. Is that something your team can help me with? If you have any questions I can answer them for you. Thank you for helping me."

### **Helpful tip:**

You can take an extra carry-on of medical supplies on flights without charge. Have the airline's policy available for any crew who might not know that policy. Be sure to look up each airline policy ahead of time to see how they want to be notified of your medical carry-on.