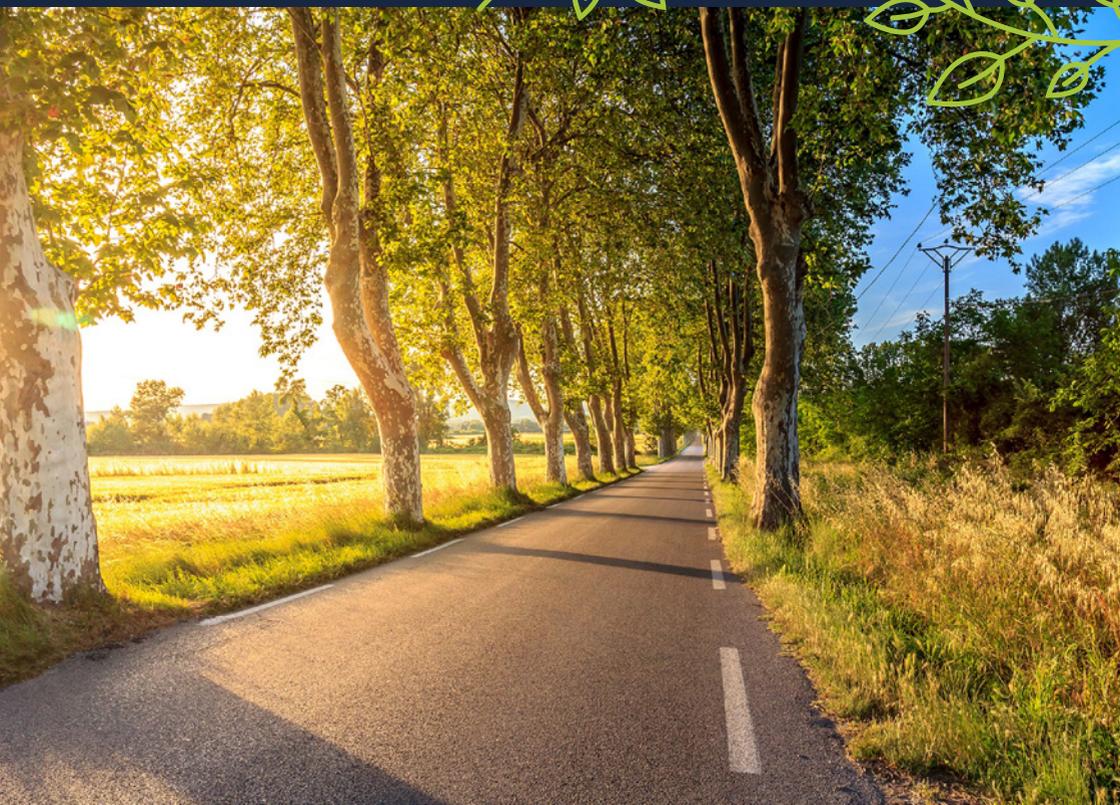




Travelling with your catheter



Going on holiday can be an exciting time! If you're travelling with a catheter, however, it can also be a bit scary and stressful. We want you to have a fantastic time on holiday, and to stay worry-free about managing your catheter and all your supplies while you're away. This is why we've got the answers to all your holiday related questions right here.

Can you swim with your catheter?

Yes, you most certainly can! In the sea or in the pool – whichever takes your fancy. However, rather than using a leg bag, you might want to use a catheter valve if you're planning on taking a little dip. A catheter valve is a small tap which fits on the end of your catheter. Because it's so small, it can easily be tucked away in your swimwear which is the reason why so many people prefer it for swimming or relaxing by the pool. A catheter valve is not suitable for everybody, though, so it's important that you speak with your nurse or doctor before using one.

I want to wear skirts and shorts, but I don't want everyone to see my leg bag.

Have you ever heard of a short tube leg bag? This simply means that the tubing from the catheter to the bag is shorter, which lets you comfortably position the bag higher up on your leg. It's a perfect option if you're wanting to wear outfits that show off those sun kissed legs of yours!

How can I support my overnight bag on holiday?

There are lots of collapsible drainage bag stands on the market that you can easily store in your suitcase. This will give you the necessary peace of mind you need when being abroad!

Can you fly with a catheter fitted?

Absolutely, yes! And even though it can feel a little intimidating at first, we've got some tips for you that will make flying a piece of cake.

Airport security can be stressful at the best of times! Going through scanners, potentially setting them off (don't worry, it's happened to all of us), and being patted down sound like a nightmare to many people. But if you're flying with a catheter and have a leg bag attached, the thought of this can be even more uncomfortable.

Did you know that you can request to be searched in a private room away from prying eyes?

This is especially handy if you'd prefer not to talk about your catheter in front of other passengers.

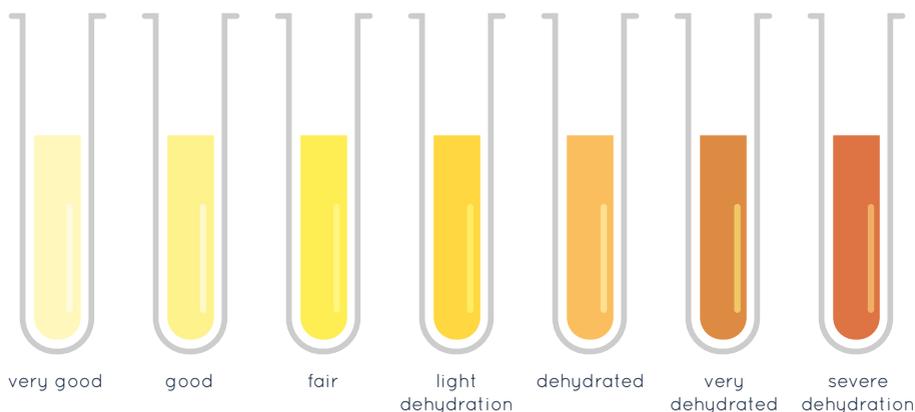
You will likely be asked to empty your leg bag – fluids are fluids, unfortunately. It's super easy to forget about it when following the fluid restriction rules, but urine still applies!

Have you ever been unfortunate enough to have been that person waiting at the baggage carousel only for your bag to never show up? This can be awful in general, but it is especially bad if all your catheter supplies were in there as well. To make sure it isn't the end of the world if it happens, you could consider sending some of your supplies to your destination ahead of your trip. You could also consider splitting your supplies between your hand luggage and your checked luggage. Just bear in mind that your hand luggage might be searched when going through security.



Reducing the risk of infection

The last thing you want on holiday is a pesky infection. Fortunately, there are some easy steps you can take to help prevent this from happening. For starters, you should always make sure to maintain a good fluid intake, especially when you're travelling to a hot country. You can tell if you're drinking enough by checking the colour of your urine. If it's anywhere between 1 and 3 on the chart below you're doing just fine! If it's dark yellow or even orange, it's time to top up on the H₂O!



Maintaining good hygiene practices abroad may be more challenging than at home. Therefore, it's a good idea to pack antibacterial hand gel and wet wipes to make sure you can keep your hands as clean as possible when touching your catheters.



Travel checklist

Essentials

- Passport
- Flight tickets
- Foreign currency
- Travel insurance documents

Catheter supplies

Make sure you have enough of each of the below, and a few extras just in case:

- Catheter leg bags
- Catheter valve *(if applicable)*
- 2L drainage bags
- Your fixation products of choice (such as the Ugo Fix Gentle, Ugo Fix Catheter Strap or Ugo Fix Sleeve)
- Drainage bag support – stand or hanger

Skin care and first aid

- Sun cream
- Aftersun
- Rehydration sachets
- Anti-diarrhoea tablets
- Pain relief
- Plasters
- Antiseptic cream
- Any prescribed medications you normally take

Electronics

- Travel adaptor
- Camera and charger
- Mobile and charger
- E-reader and charger
- Ear phones
- Hair dryer/heated styling tools

Clothing, footwear and accessories

- Tops – day and night
- Trousers
- Shorts
- Dresses – day and night *(if applicable)*
- Skirts – day and night *(if applicable)*
- Casual shoes
- Evening shoes
- Swimwear *(and beach towel)*
- Beach cover-ups
- Underwear *(bras if applicable, knickers/ boxers, socks)*
- Sunglasses
- Sun hat
- Jewellery
- Day bags
- Evening bags

Toiletries and beauty

- Shampoo and conditioner
- Hair comb and/or brush
- Hair styling products
- Hair ties *(if applicable)*
- Toothpaste and toothbrush
- Moisturiser
- Nail file
- Make-up *(if applicable)*

How to get in touch

If you have any further questions or just want a little chat, our lovely Customer Care team is here for you.

Opening hours:

Monday – Friday: 8am to 8pm

Saturday: 8am to 1pm

Phone:

Healthcare professionals:
0344 225 1518

Patients & carers:
0344 225 1519

Email:

hello@myvyne.co.uk

Address:

Vyne
Tennant Hall, Blenheim Grove
Leeds
West Yorkshire
LS2 9ET
United Kingdom



@MyVyne



@MyVyne



@MyVyne



@vyne_healthcare

