



Tips for travelling with your child

The idea of being away from home – even for short trips – can be quite intimidating when your child is using Peristeen®. This factsheet has practical tips to help you and your family enjoy time away from home without worrying too much about bowel issues.



BEFORE TRAVELLING

Download our free WheelMate™ app from Google Play or the App Store. It makes it easier to find toilets when you're away.

If it helps you feel more secure, consider using Peristeen before you travel. Making sure your child's bowels are empty is a good way to reduce the risk of an accident while travelling.

Fill out and bring your enclosed travel certificate.

Most children like routines. Make a packing list so you remember your child's Peristeen kit, enough catheters, motivational treats and any other items you might need while away (see the back page for inspiration).

If flying, keep essentials in your hand luggage. And to avoid problems at airport security, make sure the water bag is empty.

If you're going away for a long time, make sure you have contact information for a Peristeen supplier at your destination. Call Coloplast® Care on xxx for more details.



WHILE AWAY

Stick to your child's normal routine if possible.

Tap water that is safe to drink is also safe for irrigating with. If in doubt, use bottled water at room temperature or cooled boiled water.

It's not uncommon for people to experience more irregular bowel movements when travelling. This may also be the case for your child, and it's probably not a cause for concern. To prevent accidents during longer trips, consider using the Peristeen anal plug or pads.

Carry a copy of your child's prescription details and take the doctor's contact information with you in case you have questions while away. Being aware of local medical services could also be useful.

If your child is travelling without you, remember to inform relevant parties about their condition so they are prepared for all eventualities.

Should any issues arise while you are away, call Coloplast Care on xxxxx. We can support you over the phone or put you in touch with someone locally who can provide assistance.



“Using a new bathroom when travelling can be a challenge so on the first day we might allow for more time to help Matthijs feel relaxed.”

*Simone, Holland, Matthijs' mother
Matthijs, 11, uses Peristeen® to help manage his bowel*

“Think ahead and consider what kind of facilities are available where you are going. Quint needs more time in the bathroom so we prefer to have a private bathroom available.”

*Esther, Holland, Quint's mother
Quint, 12, was born with spina bifida and uses Peristeen*



PACKING LIST

Remember to pack all the accessories you use in everyday life. Use this list as a starting point:

- Peristeen
- Catheters – always pack extra
- Antibacterial gel or hand wash
- Absorbent pads – in case of accidents
- Peristeen anal plug – to prevent accidents
- Plastic bags – for used catheters and accessories
- Disposable gloves
- Extra underwear and extra trousers
- Paper towels or tissues
- Travel certificate
- Wet wipes or towelettes
- Your motivational treat for your child
- _____
- _____
- _____
- _____



MORE SUPPORT

If you did not find all the information that you need in this factsheet, you can contact Coloplast® Care on xxxxx for advice and support. Alternatively, you can visit coloplast.xx, or discuss your questions or concerns with your healthcare professional.