



## Travel tips for Peristeen® users

Traveling can be quite intimidating for some Peristeen users, especially if you're still getting used to the treatment. Here are some practical tips that can help you enjoy your time away from home without worrying too much about bowel issues.



### BEFORE TRAVELING

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

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

Make a packing list so you remember your Peristeen kit, enough catheters, and any other items you might need (see the back page for inspiration).

If flying, keep essentials in your carry on luggage. To avoid problems while going through airport security checkpoints, make sure your water bag is empty.

Make sure you have contact information for your Peristeen supplier or call Coloplast® Care at 1-855-605-7594 if you need any assistance.



### WHILE AWAY

If possible, try to stick to your normal routine.

Make sure to wash your hands before and after using Peristeen.

As a general rule, tap water that is safe to drink is also safe for irrigation. If in doubt, use bottled water at room temperature or cooled boiled water.

It's common to suffer from an upset stomach while traveling so don't worry if this happens to you.

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

Should any issues with your Peristeen system arise while you are away, call Coloplast Care at 1-855-605-7594.



"If I'm going to go on an airplane, I will do an extra Peristeen® the night before my flight – just to make absolutely sure my bowel is empty."

*Bob\*, spinal cord injury, US*

"I always pack extra catheters when I'm traveling, as well as an extra tube – just in case."

*David\*, cauda equina, US*



\*Coloplast has compensated these users to share their product experience. Each person's situation is unique so your experience may not be the same. Talk to your healthcare provider about whether this product is right for you.

#### PACKING LIST

Remember to pack your Peristeen® system and any accessories. Use this list as a starting point.

- ☐ Peristeen
- ☐ Catheters – always pack extra
- ☐ Antibacterial gel or hand wash
- ☐ Absorbent pads – in case of accidents
- ☐ Disposable bags for used catheters and any accessories
- ☐ Disposable gloves
- ☐ Extra underwear and extra change of clothes
- ☐ Paper towel, tissue or wet wipes
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#### MORE SUPPORT

If you have any additional questions, please do not hesitate to contact Coloplast® Care at 1-855-605-7594 for advice and support. Alternatively, you can discuss your concerns with your healthcare professional.