

- 1 Ask for a 'Medical Validation Certificate or have an open letter addressed to "to whom it may concern" from your Doctor/GP, stating that you use IQ plus catheters with the integral fluid (saline solution) and that you need them to be able to empty your bladder/pass urine to avoid causing medical problems with your urinary system.
- 2 Use our iQCath Tutorial with the 'Important Information about me!' section completed by your healthcare professional. This can be shown in the majority of countries and because of the step-by-step guide they should be able to understand what a catheter is, even if you do not know the name for in their local language.
- 3 Take enough catheters with you in your hand luggage on the plane to last a couple of days in case you get delayed or your hold baggage gets lost. Make sure you have our helpline number with you so if you need more supplies we can arrange to have them sent directly to you. We have distributors in many countries which may be an alternative, call this number from anywhere in the world for information - Tel: 0044 870 1904 150.
- 4 When travelling with a few people split your catheters between everyone's luggage so that if one case went missing you would still be all right ( personally I take enough catheters to last me and then half as much again when possible).
- 5 Notify your airline as they can sometimes arrange for your cases to be stored in a separate pressurised hold as they are important medical supplies.
- 6 If you are going for a long period of time and weight is an issue you may wish to take some of the iQCaths without activating fluid as they are less bulky and weigh considerably less. Bear in mind that these need activating with water. If you are unsure about the quality of the tap water then use bottled drinking water.
- 7 If you are travelling to unusual destinations where local customs and language may be a problem ensure you have contact details for the nearest British Embassy. You may even find it beneficial to contact the Embassy in advance to find out about any medical issues that may concern you.
- 8 If you are prone to infections it may be worth asking your Doctor/GP about taking a course of Antibiotics with you, so if you do feel the symptoms of a Urinary Tract Infection (UTI) coming on you do not need to rely on local medical services to dispense medication.
- 9 If you are worried about being able to safely and cleanly perform ISC during your travels, ask your continence specialist if alternatives like using an indwelling catheter and drainage bag are possible for you.

Always take medical insurance when travelling abroad. You already have a medical condition if you are using iQCath so be sensible and cover yourself for every eventuality. If travelling within the EC you can apply for the new, free European Health Insurance Card (EHIC card). Apply online [www.ehic.org.uk](http://www.ehic.org.uk) - NHS Prescription Pricing Authority or Call: 0845 606 2030 or Visit your local Post Office or write to EHIC Enquiries, PO Box 1114, Newcastle upon Tyne NE99 2TL.

**“Have a great holiday from all the team at Manfred Sauer UK.”**