

TRAVELLING WITH A UCD

Traveling with a urea cycle disorder requires preparation, so that all your requirements are taken care of and last-minute rushes are avoided. Together with your healthcare professional prepare a checklist or travel plan that includes important information such as medications, precautionary measures, and emergency plans and contacts to take with you.

Before you travel:

- Research where your nearest metabolic specialist centre is at your destination
- Consider translating any emergency plans into the relevant language of your destination
- Consider keeping your medicines in your hand-luggage (not hold) to ensure it doesn't get lost
- Check with your airline if you have to bring any medicines that need special storage
- Check local requirements with regards to what information needs to accompany the medicine (for example a copy of your prescription, pharmacy letter, doctor's letter, Schengen attest etc)
- Keep your medicines in original containers with pharmacy label attached
- Check customs requirements both in your home country and destination
- Discuss with your specialist metabolic team if they are able to provide you with a letter to be used at customs
- Carry extra medicine just in case you need to extend stay, lose it, flight delays, lost luggage etc
- Obtain travel insurance and ensure insurers are aware of your medical conditions

What to pack:

- A letter from your metabolic consultant detailing your condition and listing any medications or prescribed food
- A fit to fly letter (if required)
- A copy of your prescriptions as proof that the medicines that you are carrying are prescribed
- Your emergency protocol information
- Contact numbers of your metabolic team in case you need advice while you are away
- Contact details for the nearest metabolic centre at your destination
- Your travel insurance