**Travelling abroad with hormone replacement** 

* Ensure the adult or child has a medical alert bracelet or necklace and wears it at all times.

 It should very prominently display to universal medical symbol in red in order to be quickly identifiable.

* Always carry with you a vomit bag, wet wipes, small towel, clip-lock plastic bags and a small quantity of water for
 taking tablets
* Ensure your travel companion is aware and able to assist you with administration of your medications including any
 injections you may require (eg. Solu-Cortef Act-o-Vial; Hydrocortisone.)
* Check that all medications and supplies are not going to expire during your trip and you have extra in case of emergency
 or delay
* Before you leave find out the process for getting the medication in the host country
* Prepare a brief synopsis of your medical history including a medication list with dosages and times (one page or less).
 Scan this to your phone or take a clear photo on your phone
* Obtain a letter from your doctor that states the medications prescribed and any devices or medical equipment you require
 (eg syringes, needles) this will help to get you through customs and airport security
* It may be illegal to take some prescription medications to certain countries. Check with the customs office, high
 commission or consulate of the country you are visiting before doing so
* Research local hospitals in the location that you will be staying or travelling. Ensure there is access to an Accident and
 Emergency Department nearby and know the emergency number for the countries you visit. A local pituitary patient
 organization may advise you
* Obtain travel insurance that covers pre-existing medical conditions, including medical transportation to an appropriate
 hospital to treat the condition. Check Insurance as it may exclude coverage of some medications or certain conditions for
 which you seek medical attention within a certain time period before travelling. Also check which activities are not
 covered by your insurance
* Make any changes to your medication at least 6 months before departure, so you can have time to consult with your
 doctor on any resulting complications and have stability of your condition for travel
* You can adjust to time zone changes by gradually changing your medication schedule while in transit, or change to a new
 schedule after in the new time zone. Your doctor and experienced travellers with similar conditions can provide guidance
 on making these adjustments
* Ensure the emergency letter is up to date with the correct medication doses. If travelling to a country where English is not
 the first language, have the letter translated into the required language
* Take extra supplies of medications and current prescriptions. Always keep all medications in your hand luggage as the
 undercarriage of the plane will be at a freezing temperature. This also ensures it is safely with you at all times. It is good
 practice to also keep paper copies of prescriptions in your travel luggage. Scan or take photos on your phone of all letters
 and scripts and email them to yourself in case something happens to the paper copies
* Ensure you have enough emergency hydrocortisone injection supplies (needles, syringes, alcohol swabs & vials of
 hydrocortisone). Keep the supplies together in a pack along with a copy of your emergency letter. This pack should be
 easily accessible and kept with the person at all times. It is worth putting together several packs and keeping one in a safe
 place at accommodation, having another that you can take with you and also have a companion carry one in case there is a
 bag theft or a bag is lost
* Keep your local Endocrine Department’s / Doctor’s daytime and afterhours phone number and email address in your
 mobile phone and written somewhere handy so you can call for advice if required
* If the medication requires refrigeration check that your accommodation/transport has a refrigerator. If travelling via
 aeroplane it is recommended that you do not use the plane’s refrigerator. If not ensure that you prepare by taking a cold
 pack and that ice will be available to keep the medication cold. If the cold packs begin to melt, you can ask the flight
 attendants for ice in a plastic bag which will do the same thing as your ice packs. Take some snap lock plastic bags just in
 case they are required
* Have snacks and drinks with you at all times. Plan ahead by having a rest day between long flights

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Produced by Endocrine Nurses Society of Australasia
Adapted by Australian Pituitary Foundation; World Alliance of Pituitary Organization (WAPO); Dutch Adrenal Society NVACP & Federation of International**Nurses**in Endocrinology (FINE)

April2018*

**Adrenal Crisis Action Plan** 

Re: . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . Date of Birth: . . . . . . . . . . . . . . . . . . . . .
(patient’s full name as shown on passport)

SYMPTOMS OF ADRENAL CRISIS:

* Fever (cold or warm)
* Vomiting
* Diarrhoea
* Confusion or excessively tired and sleepy
* May appear pale and sweaty

ACTION:

* Locate Medic Alert bracelet or necklace for medical information
* Keep the patient hydrated and comfortable
* Low grade fever and visibly unwell – double (Hydrocortisone) tablets/observe
* High grade fever – triple (Hydrocortisone) tablets and seek medical consultation
* If vomiting/diarrhoea (Hydrocortisone) tablets are not absorbed, an injection is required in the upper
 outside thigh
* If an emergency injection is required please call an ambulance or request a doctor or nurse to be in attendance.
 **DO NOT WAIT** if the patient becomes confused, disorientated or loses consciousness.

You will find all medications, including the Solu-Cortef Act-o-Vial injection, or powder and water injection ampoules in the hand luggage of the patient.

Look for . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . hand luggage.
 (description of bag)

The injection package will include directions on how to administer the injection.
Please also look for the . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . APP on the mobile phone for instructions.
 (insert name of the APP) (cross out if you do not have an APP)

If the patient is travelling in public transport (plane/train/bus) please arrange for an ambulance to take the patient to the nearest hospital or medical centre.

In the hand luggage there is also:

* Copies of patient’s current prescriptions from home Country
* Product description on Solu-Cortef Act-o-Vial or powder and water injection ampoules
* Emergency contact details
* Travel Insurance information
* Allergy information
* Doctor’s / hospital’s contact details

 *Acknowledgement:*

*Developed and reviewed by:
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 *April 2018*