

Telephone: (403) 545-2244 or via email: vanessa.hodgins@palliserpcn.ca

Travelling with Medication

It's that time again when Canadian citizens start heading away to get some well-deserved winter reprieve.

Just like carefully deciding what clothes to pack in your suitcase, you should also be well informed on how to pack your medications, supplies, and important medical information.



Here are a few quick travelling tips:

- Take all medications in your carry-on bags, medical supplies are excluded from carry-on baggage limits.
- Medication should remain in the original labelled containers.
- Liquid medications are exempt from restrictions but should be shown to screening officers.
- Do not combine medications in the same bottle.
- Always pack extra medications and supplies, you never know when plans might change!
- Use family or special needs security lines when available.
- Have an up to date medication list in your carry-on and even a doctor's note explaining your medical condition if possible. Don't forget to list allergies and immunizations.
- Consult your airlines policies as to what you can bring on the plane.
- Most countries typically allow a 90-day supply of medications.
- Make sure your medications are legal in the countries you will be travelling through as well as your destination.
- If you have medications or supplies that you do not want or are not allowed to go through x-ray, you can request an inspection.
- Have a copy of your emergency contact information in your carry-on.
- Wear a medic alert if possible.

Just like being informed on what you can take into another country, make sure you are aware what you can bring back into Canada, both prescription and over-the-counter. Remember all countries port of entry laws are different so be prepared. Seek information through your airline, travel agent, resort and the country you are travelling to itself.

Once you have your medications and medical history complete remember to consider environmental conditions that might affect your condition, for example, humidity, altitude and pollution. Time changes may also affect your regime. For further information please contact your physician, pharmacist or primary care nurse.

Remember being prepared can save a lot of time and unnecessary stress!

Be well,
Vanessa