



♥CVS specialty™ infusion services

# Cruise Travel Tips

Safely infuse your therapy from anywhere

We're excited to help you plan for your upcoming cruise. We also know that planning a trip with your infusion therapy or medical equipment isn't always easy. To help, we've provided some basic tips – so you can spend less time worrying and more time enjoying your trip.

## **Check with your doctor**

- Before making any plans, ask your doctor if it's safe for you to go on a cruise.
- Work with your doctor and Coram team to arrange nursing support, if you need it.

## **Contact your local Coram team**

- Your Coram® CVS Specialty® Infusion Services (Coram) team will assist with your clinical needs to help you prepare for your travel.



## **Inform the cruise line about your medical needs**

- Cruise companies often have dedicated staff to help people with various medical needs. Check the company's website for more information.
- Request a refrigerator for medical reasons if you need to refrigerate your therapy. Keep in mind that standard cabin chilling units may not be cold enough for your therapy. If the ship offers to store your therapy for you, make sure it's placed in a medical refrigerator and not in the kitchen.

## **Prepare for an emergency**

- Carry a letter from your doctor that explains your therapy, as well as a medical supply list; you may need to show these to customs and airport security officials, cruise staff or medical personnel.
- Pack all your medications and supplies.
- Keep your doctor's contact information handy.
- Research travel insurance and the closest medical facilities in your ports of call.

## **Plan ahead if you use an infusion pump**

- Ask your Coram team if you can bring a back-up pump.
- Ask the pump manufacturer if you need an electrical adapter or converter.

## Get help from Transportation Security Administration (TSA) if you're flying out of U.S. airports

- Contact your Coram team to fill out a TSA Assistance Request form.
- Call TSA Cares at **1-855-787-2227** to get help going through airport security with your therapy.

## More cruise tips from patients:

- Use a hanging shoe organizer if you have many different supplies.
- Carry a marker to black out personal information before discarding prescriptions.
- Bring a power strip in case your cabin only has one outlet.
- Ask the medical director to provide a Sharps container and red hazard bag.



For more information on cruises and traveler health, visit **[cdc.gov/travel](https://www.cdc.gov/travel)**.

For more information about the Coram Travel Program, see [coramhc.com/travel](https://coramhc.com/travel). If you have non-clinical travel questions, contact the Coram patient advocate, Michael Medwar at [michael.medwar@coramhc.com](mailto:michael.medwar@coramhc.com) or 1-508-254-3638. This article contains web sites that are not affiliated with or endorsed by CVS Health or its entity, Coram CVS Specialty Infusion Services.

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