

# Portable Cooler Packing Instructions

Medication and nutrition therapies that require refrigeration can safely be carried in a travel cooler. If you need recommendations for rolling medical coolers, call your Coram<sup>®\*</sup> Registered Dietitian.

Please review the following information, which applies to any cooler you use, prior to your travels.

## General Information

A rolling cooler is designed to be used for short-term transport of your medications. It is not designed for long-term medication storage. As soon as you reach your destination, you must place your medications in a refrigerator.

Do not keep your rolling cooler outdoors for extended periods of time. When it is outside, keep it in the coolest area possible. Check the contents periodically to make sure the temperature is acceptable.

## Packing Materials

- Frozen ice packs
- Bubble wrap
- Your medications (refrigerate for at least 12 hours prior to packing in the cooler)

## Packing Recommendations

To maintain an appropriate temperature in your cooler for the longest period of time, use a sandwich/layer method, alternating layers of bubble wrap and ice packs. If you have room for additional layers of bubble wrap and ice packs, it will extend the cooling capacity.

1. Place a layer of bubble wrap in the bottom of the cooler.
2. Place 2–3 frozen ice packs on top of the bubble wrap.
3. Place another layer of bubble wrap on top of the ice packs.
4. Place your medications on top of the bubble wrap. (Always place a layer of bubble wrap between the ice packs and your medication to prevent spot freezing.)
5. Place another layer of bubble wrap on top of your medications.
6. Add more ice packs.
7. Place a final layer of bubble wrap to add additional insulation and to fill up the cooler so that the layers do not shift.

**Please remember to check your cooler periodically to make sure your medications are cool to the touch and are not warming up to unacceptable temperatures.**

\*Coram CVS Specialty<sup>®</sup> Infusion Services.

This information is not a substitute for medical advice or treatment. Talk to your doctor or health care provider about this information and any health related questions you have. Coram assumes no liability whatsoever for the information provided or for any diagnosis or treatment made as a result of this information.

Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

©2020 Coram, LLC. All rights reserved. 75-51890A 080620