

Travel & IBD

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www.macc.org.mt

Travel & IBD

**“IBD & Travel are like Ketchup &
Chocolate
– they just don’t mix!”**

Is this true?

Travel & IBD

Tips:

Accept yourself & Your limitations:

What makes you sick?

What makes you uncomfortable?

When do you usually need to go to the bathroom?



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Tips:

Plan Your Trip

- Accommodation

Private facilities;

Cleanliness.



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Tips: Plan Your Trip

- Air ticket

*Ask for an Aisle
Not a window seat.*



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Tips: Plan Your Trip

- Vaccination

Seek medical advise



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Tips:

Plan Your Trip

- Insurance

Buy an adequate travel insurance policy



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Tips:

Plan Your Trip

- Emergency Travel Kit

Tissue paper

Underwear

Wet wipes.....



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Tips:

Plan Your Trip

- Letter from your doctor
carry with you a letter from your doctor.



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Tips: Plan Your Trip

- Medication

Carry sufficient medication.



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Tips:
During Your stay

- Eating Habits

Follow the same eating patterns.



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Tips:

During Your stay

- Food Hygiene

Wash your hands

Never eat peeled fruits

Never buy from a street vendor



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Tips: During Your stay

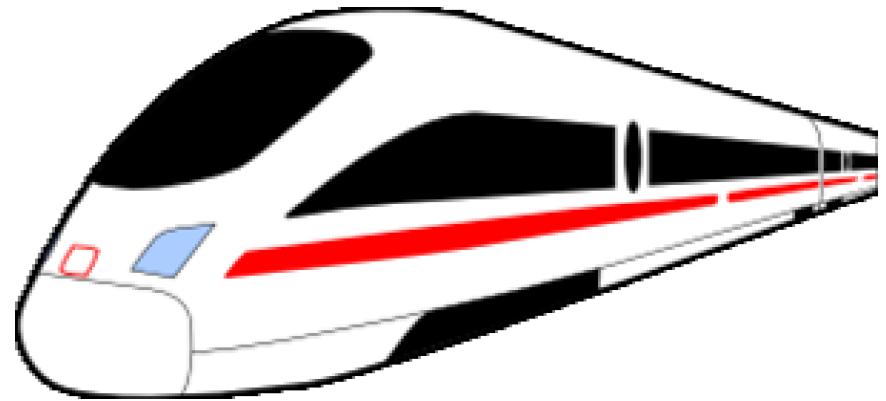
- Medication



Keep all medicine in a safe & cool place

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Tips:
During Your stay



- Travelling:

*plan your route according to
your requirements & needs.*

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Tips:

During Your stay

- Climate:

stay in the shade

use protective creams



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Tips:
During Your stay

- Avoid Bad Habits:

don't drink excessive alcohol

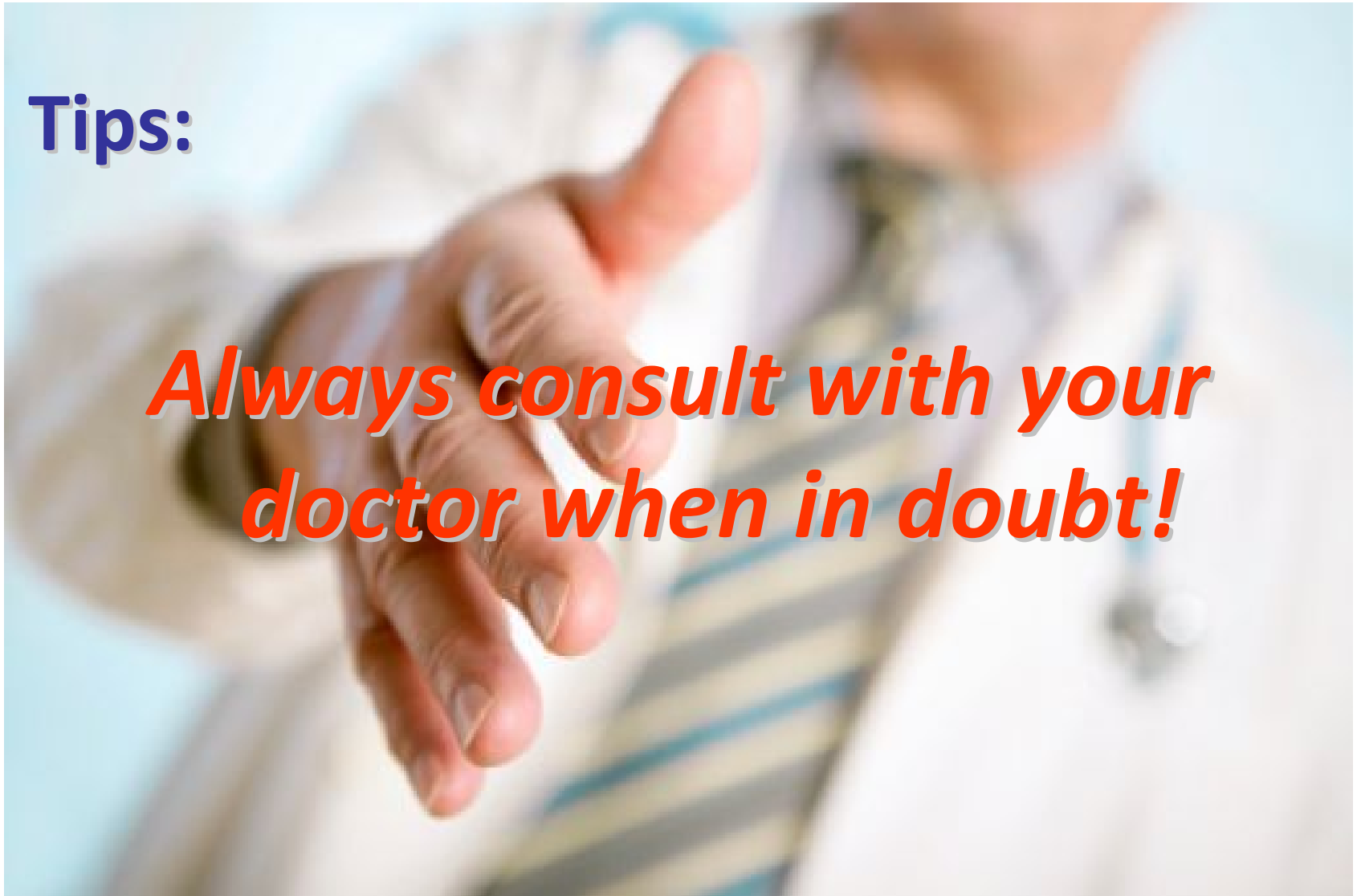
Don't Upset your IBD yourself!



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Tips:

***Always consult with your
doctor when in doubt!***



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Enjoy your Trip

