

Pre-travel Checklist: Augmentation Therapy

This pre-travel checklist takes some of the guesswork out of travel planning and helps ensure the safest trip possible. Just make sure to check off each item on the list.

- Discuss your travel plans with your doctor and home care provider.
 - Identify and record any changes to your infusion schedule. (Consider getting a double dose of before you leave. This would give you 2 weeks before you need another dose.)
 - Get a written prescription or save a copy of your drug label.
- Get a prescription for antibiotics in case you need it during your trip.
- Call your insurance company and ask for a list of preferred providers at your destination.
 - Find out if you need to get a prescription from a local doctor at your destination site.
 - Make sure therapy is covered, and find out how to submit bills or claims.
- If not infusing at a hospital or clinic, pack supplies you'll need, including
 - Medicine — enough for each infusion
 - IV access equipment: catheters, start kits, and flush solutions
 - Tape & gauze
 - Dressing change kit
 - IV pole or hook
 - Alcohol wipes
 - Empty IV bags
 - IV administration tubing
 - Syringes or transfer tubing, vial access spikes and pooling equipment
 - Bio-waste container
- Confirm date, time, and place of scheduled infusion(s) before you leave. If you're traveling for a long time, you may need to arrange delivery of your augmentation therapy at a few locations.
- Make a list of important names and phone numbers including:
 - Your doctor at home
 - A medical facility and a doctor who can care for you at your final destination
 - Your home care/infusion provider
 - A contact person at your pharmacy
 - A contact person at your final destination
 - Your emergency contact