

Holiday Hints

Make sure you stock up on injections. If you use oxygen, contact your supplier, they can sometimes arrange oxygen for you overseas, particularly in Europe. For the rest of the world, google medical oxygen supply - we have members who have successfully arranged their oxygen in Australia and the United States! It can be done. Also, if you are holidaying in Europe apply for an EHIC Health Card, from:
<http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/about-the-ehic.aspx>

If you are in cycle already before you go on holiday, try asking for a short course of high dose steroids on a tapering dose, that may be enough to get you through the holiday.

You could try a triptan tablet called frovatriptan [brand name Migard], these have a half life of up to 26 hours in the body and will get you through a long haul flight. The drawback is the more you use frova, the shorter the pain free period gets, but for occasional use they are brill!

Some airlines will allow you to take oxygen on board an aircraft, but before you book your flight, check with the airline concerned. It is also worth noting that all aircraft carry an onboard medical kit which includes a portable oxygen cylinder. Check with ferry companies before taking oxygen away with you, some will allow you to carry it provided you notify them when you book, and they can priority park you in a well ventilated space. London Underground does not allow portable oxygen. Rail companies will allow you to take oxygen provided you inform them when you book. We'd suggest reserving a seat near the luggage racks, toilets etc, no extra charge for that.

Remember to wear a hat, keep your bodily and environmental temperature as even as possible and don't forget to drink plenty of water, and stay in the shade; extreme changes of temperature can kick off an attack/cycle.

When taking injections with you on a flight, put them all in your hand luggage, if your checked luggage gets lost, at least you will have your meds with you! Get a letter from your GP/neuro explaining why you have injections with you and carry your repeat prescription with you too. If you use oxygen, take your own mask with you just in case.