

The background is a solid orange color with several large, overlapping, semi-transparent curved lines in a lighter shade of orange, creating a sense of movement and depth. The lines are curved and sweep across the page from the left side towards the right.

# Travelling with cystinosis

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Going on holiday can be a very exciting and enjoyable experience and there is no reason why cystinosis should prevent you from travelling. However there are a few advisable steps you should take so that you make the most out of your experience.

### Holiday tips:

- ✓ Make sure you stay well hydrated. It is advisable to drink purchased bottled water
- ✓ Make sure you have the recommended vaccinations. You can find recommendations for the country you are visiting at **[www.fco.gov.uk](http://www.fco.gov.uk)** and **[www.nhs.uk](http://www.nhs.uk)**. If have any concerns about vaccinations you should discuss this with your doctor
- ✓ Speak to your transplant team or nephrologist if you are planning a holiday as they can advise you on which vaccinations are safe for you to have. Remember to avoid all 'live' vaccines
- ✓ Take several days worth of medication in your hand luggage. This is just in case your luggage is misplaced by the airline because it may take several days to retrieve your luggage
- ✓ Make sure any liquid medication is clearly labelled. Current UK restrictions on taking liquids into the cabin are as follows:
  - You are allowed to take essential liquid medicines into the cabin (even if volume exceeds 100mls) but you should seek approval from the airline and departure airport.
  - You should also take a supporting letter from your doctor.
  - Further information is available at **[www.direct.gov.uk/en/TravelAndTransport/Publictransport/AirtravelintheUK](http://www.direct.gov.uk/en/TravelAndTransport/Publictransport/AirtravelintheUK)**
- ✓ Travel insurance should be considered as an essential part of you trip. You should always ensure you inform the insurer of your condition and any medication you take. If you do not inform them your insurance will be void. Price can vary greatly so it is advisable to compare different providers

- ✓ The European Health Insurance Card allows you to get state healthcare at a reduced cost or sometimes free of charge. Further information is available at **[www.ehic.org.uk](http://www.ehic.org.uk)**
- ✓ More travel tips, including advice on sun care, eating and drinking abroad etc are available in the travel section at **[www.nhs.uk](http://www.nhs.uk)**