Travelling with your medication

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A guide to managing your MS and treatment away from home

This chapter includes tips on how to travel with your medicine and ensure that it's stored properly while you're away.

There is also a checklist of things to do before you go. By planning ahead and ensuring you have everything you need, you can make sure your time away goes as smoothly as possible.

Tips for travelling

If you're flying

- When you are going through airport security, let them know before they scan your bag that you are carrying injectable medication, and be sure to keep your prescription handy.
- If you are going on a long-haul flight, speak with your airline to let them know that you will need to store your medicine in the fridge on the plane (not the freezer) to make sure it is kept at the right temperature. Just remember to take it out again before you get off the plane!

For longer trips

- Talk to your doctor ahead of time and arrange to take enough medicine with you to ensure you do not miss any of your scheduled doses.
- Talk to your pharmacist to make sure you have all of the materials that you will need to administer your injections (such as cotton balls/gauzes, alcohol wipes, etc.).

Your accommodation

- Ring ahead to your holiday accommodation to check that there is a fridge available for you to use.
- Most hotels or apartments will be able to provide this free of charge.

Checklist

A few weeks before you travel

- [ ] Ask your doctor for a signed letter or a copy of your prescription to confirm that you are travelling with medication that has been prescribed for you.
- [ ] Ensure you have enough medication for the length of your trip.
- [ ] Request a KESIMPTA® cooler travel bag from your KESIMPTA® support nurse, or from your local pharmacy.
- [ ] Ring your place of accommodation to check that there is a refrigerator available for you to use a couple of days before you travel.
- [ ] Put cotton balls or gauze and alcohol wipes into your travel pack. You will need these for your injection in addition to your KESIMPTA® Sensoready® pen.

Before you leave home

- [ ] Make sure you have your signed letter from your doctor or a copy of your prescription.

Quick facts

- While travelling (and in general), your medicine should be kept cool (between 2°C and 8°C)
- Do not freeze your medicine
- Keep the pre-filled pen(s) in the outer carton in order to protect from light. If necessary, KESIMPTA® can be left out of the refrigerator for a single period of up to 7 days at room temperature (not above 30°C). If not used during this period, your medication can then be returned to the refrigerator for a maximum of 7 days.