

Travel advice (home and abroad)

Medicines

You may need a revised timing schedule or extra doses of Hydrocortisone if you are going on long haul or overnight flights – please liaise with the endocrine team to help plan this

Order your next repeat prescription well in advance, and ensure you have enough medication to take double the amount of steroid medication if you need to apply sick day rule

Carry your main set of medication and your injection kit in hand luggage, so it is with you on the plane, train - or in your car seat rather than in the boot. Carry a second set of medicines in a different piece of luggage

Keep tablets and injectable hydrocortisone out of direct sunlight - but avoid placing tablets in a cool bag packed with a chill block, as this causes a build-up of condensation.

Pack your emergency injection kit in your hand luggage and ensure you have a travel letter from your endocrine team.

It's best to take at least two emergency injection kits with you but you may need more kits if you are away for a long period

Alerts & healthcare

Check online before you leave home, to identify the nearest hospital with an emergency department to your holiday destination/s.

Make sure you know how to obtain medical help at your destination

Ask a travel companion to watch the emergency steroid injection with you and learn how & when to give an injection.

If you are travelling on your own with an escorted tour, make sure the tour leader knows about your possible need for emergency medical treatment and where to locate your injection kit.

Check that your travel insurance covers medical expenses including repatriation and that you have declared all pre-existing conditions, not just your adrenal condition.

Ensure you have a medic alert – if it is not waterproof you may want to purchase a waterproof ban with the same information on it

Make sure you carry a copy of your repeat prescription with you, in case you need to ask for an emergency supply of tablets or injection while away from home.

Food & drink

Make sure you stay well hydrated, especially when out and about in hot weather or on a plane. It's best to stick to plain or sparkling water.

In hot climates, you are likely to need extra salt as well as plenty of water. Many people swear by a sprinkle of salt in a glass of lemonade or sparkling water.

Electrolyte supplements can be useful if the weather is extremely hot and you are sweating more than normal

For temperatures over 30°, it's usually recommended to increase the fludrocortisone dose by half. You may need to discuss this with your endocrine team

Be prepared for gastric infections – diarrhoea and/or vomiting. These are more common when away from home and exposed to new local bugs.

Follow the usual hygiene precautions and carry hand gels or sterile wipes with you.

Avoid salads, unpeeled fruit in areas where water borne infection is possible.

Remember that vomiting in a steroid-dependent patient is always a medical emergency and you must act quickly if it happens.