Travelling with Medication



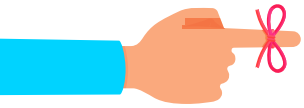
WHAT YOU NEED TO KNOW

Plan before you go:

- Make sure you have enough medication for your trip, as it may not be available where you're going or may require a prescription.
- Carry a list of all prescription medication you're travelling with, including generic name, strength and dosage (your pharmacy may be able to create this for you).
- For medical devices such as insulin pumps or oxygen therapy: if flying, contact airlines a few weeks before departure to check the rules.
- For injectable medication, syringes and needles: get a note from your health-care professional on their letterhead so you have it for security and/or border services.
- Narcotics and controlled drugs: confirm the legal restrictions with the embassies or consulates of any countries you're entering. Medications commonly used in Canada, including some used for ADHD, may be illegal in some destinations. Cannabis should not be transported across the Canadian border, even if used for medical purposes.







REMEMBER: Be sure to be up to date on your routine immunizations and any recommended or required vaccinations specific to your travel destination. Plan to see a travel health professional 4 to 6 weeks before your departure.

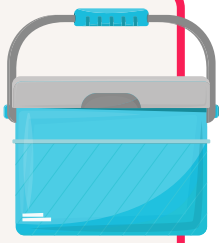
Pack carefully:



- Pack medication in carry-on luggage, not checked baggage. Syringes and needles are allowed in carry-on luggage with the injectable medication. Bag limits may not apply to medical supplies or equipment (check with the airline).
- Bring extra medication in case your return gets delayed.
- Store medication in its original, labelled container; consider packing vials with cotton to prevent damage and adding silica packs to them if travelling to humid environments.



- Medication requiring refrigeration must be kept between 2–8°C in a cooler or thermos while travelling and placed in a refrigerator promptly upon arrival. Insulin is stable at room temperature (20–25°C) for 30 days.



- Liquid medication should be kept close to your body if travelling to cold climates to protect it from freezing.
- Prescription medications that are liquids, creams or ointments are exempt from airline volume limits. However, if they are nonprescription, they must be in containers of 100 mL or less and packed in a clear 1 L resealable plastic bag.



Travel smoothly:





- Allow extra time for security checkpoints and border crossings.
- If needed, use the Family/Special Needs security line. Screening officers at these lines are trained to offer additional assistance.
- Do not wear an insulin pump or continuous glucose monitor through a body scanner and do not put an insulin pump through an x-ray machine. Handheld metal detectors do not affect pumps or monitors.
- Never leave bags unattended.

For more information on travelling with medications, see the Government of Canada website: www.travel.gc.ca/travelling/publications/drugs-and-travel

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