

# NORDiMET<sup>®</sup>

methotrexate

## Travelling with your Nordimet (Methotrexate)



### PLANNING A TRIP OR HOLIDAY

1. Before booking a holiday, live vaccines must be avoided. Check with your GP/practice nurse if you require any such vaccinations before you travel. "Live" vaccinations must be avoided with Nordimet (Methotrexate) so it is important to check this out first with your GP.

### BEFORE YOU TRAVEL - GOING BY AIR (FLYING)

1. Inform the airline company that you are travelling with, that you will be carrying Nordimet (Methotrexate) with you on your flight.
2. Organise a letter of authorisation to carry your Nordimet (Methotrexate) pen from your healthcare team that are looking after you.

### WHEN YOU ARE TRAVELLING

1. Your Nordimet (Methotrexate) pens need to be kept below 25 degrees centigrade and protected from light. Carry these as hand luggage.
2. Have a copy of your prescription with you to show the airport authorities.
3. Carry your Nordimet (Methotrexate) Alert card with you and show it to any healthcare professional looking after you should you become unwell when you are on holiday.



## HOW TO MAKE TRAVELLING EASIER WITH YOUR ARTHRITIS

Everybody's needs are different when it comes to a condition such as arthritis. Information on travelling with your condition may need to tailor to your individual needs, but we hope that the following tips may prove to be useful.

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### PREPARE BEFORE YOU LEAVE

Before going on holiday, here are some things to take into account:

- Ask your GP or rheumatology team for advice on what to do in case you get a flare up and cannot access medical help whilst you are on your holiday.
- Take enough supply of your regular painkillers to cover the worst case scenario of needing to take the maximum dosage each day and take a list of your medications and sufficient supply in case your flight is delayed. It is better to be over-prepared than under-prepared!
- Pack comfortable footwear.
- If you use cold or hot pads at home to ease painful or stiff joints, make sure you pack them for holiday as well.
- Make sure you have a good holiday insurance policy.
- Make sure you let your airline know in advance if you require assistance at the airport.

### ON THE PLANE

If you are travelling by plane, the following could help:

- A travel neck cushion could make your flight more comfortable.
- Carry your medication with you as hand luggage in case you should need it on the flight.

While you are on holiday, the following could be useful:

- If the hotel pillow is uncomfortable ask if you can have a feather pillow, which may be softer and could help you to get a good night's sleep. Some people will take a pillow with them, but this can take up a lot of space.
- Make sure that you know the locations of local chemists, doctor's surgeries and hospitals in case of an emergency.