

TRAVELING WITH MEDICATION

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When medications are a regular part of your everyday routine you will need to take them each day, no matter what the situation. You may need to take them while traveling on vacation or while in the hospital. Here are some ways you can be prepared to take your medications away from home.

When traveling by plane, keep your medications with you in your carry-on bag. Do not pack them in your suitcase because luggage can get lost or damaged. Keep a written copy of your prescription with you at all times.

Flights, trains, even cars can get delayed. Have extra medication on hand. Know the location of a pharmacy at your destination in case you need a refill while away.

And before you go, if you are crossing time zones, talk to your healthcare provider or pharmacist about when to take your medications so you don't miss a dose.

Occasionally your trip away from home may be to a hospital. While in the hospital, make sure the hospital staff has a complete list of the medications you take, and that it is up to date.

Never take your home medications while you are in the hospital. There is a good chance you will be taking some new medications while you're there. To ensure your safety, hospital staff will supply you with all your proper medications, including those you usually take at home, if needed, while in their care.

If you have any allergies to certain medications make sure you tell the hospital staff.

Sometimes the pills you are given in the hospital may look different than the ones you are used to taking at home.

"Those look different than the pills that I took this morning."

You are an important part of your healthcare team, so you should always ask what medications you are being given and why.

"This is the new pain pill for you, so hopefully it will work a little bit better and keep your pain level down."

Remember, you are an expert in the medications you take. By recognizing your medications and ensuring they are correct, you can avoid complications while in the hospital.

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"Thank you."

When it comes to taking medications, you need to take them safely and consistently no matter where you are to achieve your overall health goals. Whether you are traveling on vacation or in the hospital, continue to make taking your medications a regular part of your daily routine.