



♥CVS specialty infusion services

Cruise Travel Tips

Safely infuse your therapy from anywhere

We're excited to help you plan for your upcoming cruise. Going on a trip with your infusion therapy or supplies isn't always easy. To help, we've provided some tips to make things a little easier.



Check with your doctor

- Before making any plans, ask your doctor if it's safe for you to go on a cruise.
- Work with your doctor and team to set up any nursing support you may need.

Contact your local Coram team

- Your Coram® CVS Specialty® Infusion Services (Coram) team will give you the support you need.

Inform the cruise line about your medical needs

- You may likely have dedicated staff to help with your medical needs. Check the company's website for details.
- You may need store your therapy in a cool place. Standard cabin chilling units may not be cold enough for your therapy. Request a refrigerator for medical reasons. Or ask your ship to store your therapy. Make sure it's placed in a medical refrigerator and not in the kitchen.

Prepare for an emergency

- Carry a letter from your doctor. The letter should give details about your therapy and medical supplies. Keep the letter handy. You may need to show it to customs and airport security officials, cruise staff or medical personnel.
- Pack all your medications and supplies.
- Keep your doctor's contact information handy.
- Research travel insurance. Find the closest medical support in your ports of call.

Plan ahead if you use an infusion pump

- Ask your team if you can bring a back-up pump.
- Not sure if you need an electrical adapter or converter? Talk to your pump company.

Flying out of U.S. airports? Get help from Transportation Security Administration (TSA)

- Contact your Coram team to fill out a TSA Assistance Request form.
- Call TSA Cares at **1-855-787-2227**. You can get help going through airport security with your therapy.

More tips from patients:

- Use a hanging shoe organizer if you have various supplies.
- Carry a marker to black out personal information. This helps keep your privacy when you discard prescriptions.
- Bring a power strip in case your cabin only has one outlet.
- Ask the medical director to give you a sharps container and red hazard bag.



For more information, visit [**cdc.gov/travel**](https://www.cdc.gov/travel).

Or email **CoramTravelProgram@CVSHealth.com**
or call Coram Patient Advocate **Michael Medwar** at
1-508-254-3638.

Traveling by air?

Visit our patient resource center at [**CoramHC.com**](https://www.CoramHC.com).

This information is not a substitute for medical advice or treatment. Talk to your doctor or health care provider about your medical condition and prior to starting any new treatment. Coram assumes no liability whatsoever for the information provided or for any diagnosis or treatment made as a result.

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