

Travelling abroad with a child born with oesophageal atresia/tracheo-oesophageal fistula (OA/TOF)



lifelong support for those born unable to swallow

Introduction

Travelling abroad when your child has a medical condition can be very daunting, so it's important to prepare as much as possible.

We've put together a suggested guide for how to get ready for your trip and how to minimise the worry associated with it.

You may find it useful to save [TOFS' GP postcard](#) to your phone for quick reference.

Packing list

- All prescription medication and milks (prescriptions/a letter from Dr must also be present - this could take up to four weeks from request)
- All medical equipment, such as oxygen, tube feeding equipment (eg. pump, charger, gravity bags, extension sets, syringes, pump backpack, gravity feeding equipment), CPAP, monitors
- Specialist foods (a supporting letter from a Dr may be needed)
- Equipment for preparing food, if needed, such as a hand blender
- OA/TOF literature, which can be supplied in the event that medical care is needed
- Supplies such as wipes, nappies, gauze, barrier creams, water (a note from a doctor will be needed if quantities over 100ml are required), tape etc.
- Travel adapter plug

Taking medicines and equipment abroad

Permitted in hand luggage and hold luggage:

- essential medicines of more than 100ml, including liquid dietary foodstuffs and inhalers
- medical equipment, if it's essential for your journey
- Milk: Breast/formula/cow/soya, sterilised water, baby food and cooling gel packs

*It's advised to spread food/medicines between carry on and hold bags in case of lost luggage.

You'll need supporting documentation from a relevant medical professional (for example a letter from your doctor or a copy of your prescription - this could take up to four weeks from request).

Airport staff might need to open the containers to screen the liquids at the security point. Medical equipment is screened separately. Tablets, liquid medicine, special foods and liquids needed for medical purposes, inhalers, syringes, oxygen, CPAP etc are all allowed in both hand luggage and hold luggage where the correct documentation is present.

[More info available here](#), please check with your airline and airport before travelling.

What to do if your child needs medical attention

Ahead of travelling, find out details for the closest A&E and paediatric hospital to where you are staying - your child's consultant/surgeon may be able to recommend a specialist.

Make sure that you have all relevant [OA/TOF leaflets and postcards](#) with you at all times should you need them.

If you are travelling to a non-English speaking country, you may find it useful to download [OA/TOF terms in the native language](#).

Ensure that your child's condition is covered under your travel insurance - include all relevant conditions.

You can apply for healthcare cover abroad. A **GHIC** or **EHIC** card will enable you to access medically necessary state-provided healthcare when visiting an EU country or Switzerland.

Before travelling, if your child is tube fed, check the following with your medical supply company:

- Do they have other locations near your travel destination where you could pick up emergency supplies if needed?
- Can they ship your supplies to your destination?
- Do they have an after-hours hotline for feeding pump issues?
- Are they able to provide extra supplies for travel?
- Pack an extra peg or two in case the one being used comes out and arrange training to replace this yourself if necessary

Extra tips

- Research local supermarket baby foods in case you need to buy more
- Tap water in some countries may be unsafe for drinking/flushing so bottled or cooled boiled water may be advised
- Arrange extra medical supplies, such as syringes, bottles, prescription milks in the event that more are needed and split supplies between hold and hand luggage in case bags go missing