

Patient information

Travelling with Cancer

Gastroenterology Department

Travelling can have many benefits for those affected by cancer. It can relieve anxiety that you have something to look forward too and also a change of location, travelling can also require being more active. Travelling may help you relax, spending more time with family and having an enjoyment of life for a little while. All of this will be beneficial to a patient before, during and after treatment. So, many people with cancer can travel without any problems. However, for some it may be more difficult.

Before travelling there are a few things you should consider such as, your cancer, treatment's and side effects, what medicine you will need to take away with you including the correct amount, travel insurance (I will attach a leaflet of different travel companies that you can look at) and you also may need a fit to fly note from your Doctor.

Before you travel

The first thing you should do is notify your doctor if you have any travel plans. There is quite a lot to consider with your doctor before you are able to fly, this could be due to treatment, and do you have any pre planned treatment whilst you are away that may be rearranged? We also need to see if you need a fit to fly note and if you require any immunisation vaccines (these must be given Eight weeks before flying).

We would also recommend you find a suitable travel insurance; this may protect you from losing money if there is a need to cancel your trip or if you need emergency medical treatment abroad. There is also a Global health insurance card that you could look into, and if you need any help with applying for one we can assist you.

This can help you get cheaper or in some cases free emergency healthcare in some countries. However, this is not an alternative to travel insurance and it is really important to buy this wherever you travel. Also, consider your mobility.

Do you need assistance?

The place you're looking at staying, does it have lifts?

We also advice you on taking medicines and medical equipment abroad, also check with the country's embassy or high commission if there are any restrictions. We will also need to make sure you have enough medication to last you your whole trip and in case your return is delayed.

I would advise that you look at language and communications in the country you are visiting, and look up the translations of key phases in doctor's letters; if you have access to the internet you can use www.googletranslate.com.

Travel insurance

When buying travel insurance, we advise you to be sure to check whether the policy will cover claims to pre-existing medical conditions, including cancer, there is usually extra fees to pay to cover claims related to the cancer.

If possible, find a company that specialises in providing this kind of travel insurance and to check what is and is not covered before you take out a policy. This will help making sure the chosen travel insurance company has met your needs.

We advise strongly that you have all information you're going to need **Before** applying for a policy.

This may include

- Where are you travelling too?
- How long are you going for?
- How long ago was it you got your diagnosis?
- Where is the cancer, has it spread?
- What are your planned treatments/surgery?
- Do you currently have any symptoms or side effects?

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Travel insurance companies that cover Cancer

All clear travel insurance:

**www.allcleartravel.co.uk
you can get a quote by calling 08081696606.**

Stay sure travel insurance

**www.staysure.co.uk
Call customer service on 01604552925.**

Insure and go

**www.insureandgo.com
Call the team on 08082811926**

Able2travel:
www.abletotravel.com
call for a quote on 01483806826

Avanti travel insurance: www.avantitravelinsurance.co.uk call the team on 08081346187

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پئومندیدار بهو نهخوشانهی له لایمن تراستهوه پسهند کراون، نهگمر داوا بکریت له فورماتیکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و ئهلیکترۆنیکی هیه.

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