

Top tips: Travelling with medication

From parents, for parents



Ask your consultant and/or pharmacist to provide a letter for travelling with medication.



Check with a pharmacist whether the medication can be X-rayed. If not, ensure this is included in the letter.



Check your medication's storage instructions. E.g. Can it be left out of the fridge? Or does it have to be stored below a certain temperature at all times?



Ask your endocrine nurse if there are other devices / syringe available that are easier to travel with.



Ask the pharmacy that supplies your medication if they can supply you with a cool bag to help with travelling with medication.



Some medicines that are legal in the UK may be restricted abroad. Check the rules of your destination (and any countries you're transiting through) before you travel.

For further support please get in touch with our nurse led Support Line:

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t: 020 8995 0257

e: support@childgrowthfoundation.org