

## Travel and IBD

### Introduction

A change of climate, water, or food can upset anyone's bowels and if you have Ulcerative Colitis or Crohn's Disease – the two main conditions called Inflammatory Bowel Disease (IBD) – you may feel daunted at the idea of travelling. Yet many people with IBD travel widely, both in the UK and abroad. They may go for a short break or a long holiday lasting several weeks or months. With careful planning ahead it should be possible for you to travel to most places. The following information sets out to answer some questions you may have when thinking about going on holiday or on a business trip.

### Insurance

If you need medical treatment when abroad, there are many countries where you would have to pay for it. It is a good idea to arrange travel insurance to cover healthcare costs, particularly if you are travelling to countries which do not have healthcare agreements with the UK: Canada and the US for example, where costs can be very high. For further information see the Department of Health website: [www.dh.gov.uk/travellers](http://www.dh.gov.uk/travellers) or telephone 0845 606 2030.

For travel to most parts of Europe you will need a European Health Insurance Card (EHIC), which is free. The card entitles you to reduced-cost or free treatment in most European countries. You can apply for an EHIC online at [www.dh.gov.uk/travellers](http://www.dh.gov.uk/travellers), by telephone on 0845 606 2030 or at the post office.

When arranging insurance, it is important to mention your IBD to make sure that you have adequate cover. You may have to confirm that you are not travelling against your doctor's advice.

It may be more difficult to obtain insurance if you have had recent surgery, or you are awaiting surgery. Some insurance companies will not cover a pre-existing condition, such as IBD, and you may find it helpful to look at our leaflet *IBD and Insurance* that includes a list of companies suggested by NACC members. This leaflet gives more details about travel insurance and is available on our website or from our Information Line. If you do become ill during your travels and you wish to claim on your insurance, you will need to keep receipts for everything, including such costs as a taxi to the clinic or hospital, etc.

### Vaccination

Try to find out well in advance whether vaccinations are needed or recommended for your destination. Some vaccinations need to be taken two or three months before travel. You could check with your travel agent, GP surgery or the NHS website: [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk).

If you are on immunosuppressant treatment, (eg steroids, azathioprine, mercaptopurine, methotrexate) your immune system will be weakened and you should avoid live vaccines, such as polio and yellow fever. Standard vaccines, such as Tetanus, Typhoid, Hepatitis A or B, and 'inactivated' polio vaccine are considered safe, but they may not be as effective when taking immunosuppressant drugs. If you have stopped taking immunosuppressant drugs you should wait 3 months before taking live vaccines. It is best to check with your specialist doctor or nurse what is right for you.

### Malaria

If you are travelling to an area with malarial mosquitoes, the Department of Health advises you to take anti-malaria

medication. Most tablets have to be started a week before travel and continued for four weeks after return. Like any medication, there may be side-effects when taking anti-malarials, which may affect your IBD. There can also be adverse interactions between some anti-malarials and some immunosuppressant drugs for IBD. It is best to discuss with your specialist which preparation is suitable for you.

Preventing mosquito bites is just as important. Mosquitoes bite particularly between dusk and dawn. You can help to protect yourself by wearing light coloured, loose clothing to cover your arms and legs, and using an effective insect repellent, preferably one containing DEET (diethyltoluamide). For further information see the National Travel Health Network and Centre website: [www.nathnac.org](http://www.nathnac.org) or telephone the Hospital for Tropical Diseases advice line: 020 7950 7799. You can also check the Guidelines for Malaria Prevention in Travellers from the United Kingdom on the Health Protection Agency website: [www.hpa.org.uk](http://www.hpa.org.uk).

### **Medication**

It is advisable to take sufficient medication for your whole trip as well as extra in case of delays. If your medication has to be kept refrigerated store it in a small cool bag, obtainable from chemists, or use a Frio cooling wallet that works without refrigeration (see *Further help*). It is a good idea to take along a copy of your prescription just in case you need further supplies.

If you are taking steroids always carry a steroid card or wear a 'MedicAlert' bracelet. In any emergency this will alert the person attending to you of your condition and medication. You can obtain a card from any pharmacy or a bracelet from the MedicAlert Foundation on 0800 581420 or their website: [www.medicalert.org.uk](http://www.medicalert.org.uk).

You might also want to take a good supply of over-the-counter medicines, such as

anti-diarrhoeals (eg Imodium, Lomotil), anti-spasmodics, (eg Buscopan, Colofac) rehydration sachets (eg Dioralyte, Electrolate, Rehidrat) and pain killers (eg paracetamol). It is advisable to discuss taking any of these with your specialist doctor or nurse beforehand.

### **Dietary treatment**

If you are on an Elemental liquid diet, you can obtain a powdered product instead of the liquid. This is easier to carry, being lighter, less messy in case of a leak and takes up less space in your luggage. You will need to get a change of prescription from the liquid to powdered form. Again, It is a good idea to take a copy of your prescription with you when you travel in case you need further supplies.

If you mix the product with water at your destination, make sure the water is of a sufficiently high quality (See *Food and drink*).

If you are going abroad or if you will be away for a long time, see *Taking medicines abroad*, as this applies to Elemental diets.

Even if you are in remission, it is advisable to take a few days' supply with you in case of a flare up. Sometimes the early stages of a relapse can be 'nipped in the bud' with 2-3 days of exclusive Elemental diet.

### **Taking medicines abroad**

For trips abroad, keep your drugs in the original packaging to show at customs. It is helpful to have a letter from your GP or Consultant outlining your condition, your medical history and your medication. This could be a copy of your last clinic review which should state details of your IBD and current treatment. Your specialist or specialist nurse should be able to obtain a copy for you. This can also be very helpful to show a doctor abroad, should you need to see one. It may be worth having this information translated into the language/s of your destination country/ies. You can get text translated into many languages at various websites such as: [www.babelfish.altavista.com](http://www.babelfish.altavista.com).

You might find it useful to keep all your details on a Medical Passport available from the EFCCA (European Federation of Crohn's & Ulcerative Colitis Associations) website: [www.efcca.org](http://www.efcca.org). Alternatively, you can contact our Information Line for a copy.

If you are travelling by air, store your medication in your hand luggage, in case your baggage is lost. With the recent restrictions on hand luggage, you will need to show a letter from your doctor stating your medical need. It is best to check with the airline when booking your tickets what their rules are about taking medicines in hand luggage, especially medicines in liquid form, syringes or propellants containing 'butane'.

If you are going to be away for a long time, then plans for obtaining more of your drugs should be in place before you leave home, as normally your doctor can only prescribe a limited amount. Take a list of your medication, including the generic names of drugs (eg mesalazine for Asacol and Pentasa) and, if possible, the foreign brand name. It is also a good idea to check with the relevant pharmaceutical company whether you will be able to get the medicines you need at your destination. If your medication cannot be obtained where you are going, then you could purchase supplies in the UK from a pharmacy with a private prescription from your doctor.

Some prescription medicines contain controlled drugs that are subject to control under the Misuse of Drugs legislation. None of the medication generally prescribed for IBD contains controlled drugs. However, some people with IBD may be taking drugs for other conditions that contain controlled substances, such as codeine and morphine. If so, contact the Home Office Drugs Branch on 020 7035 0484 or see their website: [www.drugs.homeoffice.gov.uk](http://www.drugs.homeoffice.gov.uk) to find out if you need a licence to take the medicine abroad. Personal licences are required for those travelling for over 3 months.

Some countries have restrictions on bringing in drugs for personal use. You could check with the embassy of the country you will be visiting whether this applies to your medication. You can obtain details of embassies from the Home Office Drugs Branch mentioned above or from the Foreign and Commonwealth Office website: [www.fco.gov.uk](http://www.fco.gov.uk).

If you are travelling across different time zones you may wonder about the timing of your medication. Your specialist may be able to give you some advice. Some people split the difference between the time they would have taken it in the UK and the time at their destination. You could then gradually adjust the timing of your medication to the country you will be in and do the same on the return journey.

### **Medical Care**

As a precaution, it is a good idea to have the details of your own doctor with you, including the phone number and email address. Try to get the name and contact details of doctors in the places you'll be visiting as well. Your specialist may be able to help. For the details of doctors in some European countries you can see the EFCCA (European Federation of Crohn's & Ulcerative Colitis Associations) website: [www.efcca.org](http://www.efcca.org) or contact our Information Line. We also have details of worldwide IBD organisations that may be able to help with information about medical care for visitors in the particular countries.

On arrival at your destination you could find out the local emergency number and the address of the nearest hospital. Your accommodation manager, tour company representative or local guide should know.

### **Accommodation**

You might want to ensure that any accommodation you are booking has an en-suite bathroom. You could check with your travel agent or you could contact the hotel, B&B, etc yourself and ask for written confirmation. Accommodation for people with disabilities is available from various organisations, such as Tourism for All,

Contact-a-family and RADAR (See *Further help*).

You may be worried about having an 'accident' when staying away from home. You could take a towel to put under you in bed or request a mattress cover. You might also want to check on laundry arrangements beforehand. If you need to do your own washing it can be useful to take travel wash, a folding coat hanger, a portable washing line and a few pegs.

### **Emergency travel kit**

It is a good idea to pack an 'emergency travel kit' containing everything you need to clean up in case you have an accident. This could contain:

- a supply of pads, pants, alcohol-free wet wipes, tissues, sanitary disposal bags for soiled pants (available in large chemists and supermarkets) and disposable gloves;
- a small mirror (useful to check that you are clean);
- a couple of clothes pegs (to keep your clothes out of the way if you need both hands to get clean);
- an aerosol neutraliser to disguise odour;
- if you are prone to sore skin, cream such as zinc and castor oil.

You might also want to include a toilet roll and a change of clothes.

If you are travelling by air take the kit in your hand luggage. If you have a neutraliser spray in an aerosol canister, check with the airline before flying that you can take it on board, as some canisters are flammable.

### **Car travel**

It's a good idea when planning your route to check the location of accessible toilet facilities. They can often be found in places such as Tourist Information Centres, supermarkets, fast food restaurants, train and bus stations, ferry piers and many tourist attractions. You can get a key for locked public toilets in

the UK for disabled people from RADAR (See *Further help*). Some road atlases contain information about lavatories for disabled people, such as the Gowrings Mobility UK Road Atlas. This is available in some large bookstores or from Pie Enterprises (see *Further help*).

If you are driving in Europe you can buy a Euro key for toilets for disabled people in Germany and some other European countries from CBF Darmstadt (see *Further help*).

### **Bus and train travel**

When travelling by bus check with the company or tour operator that the bus has a lavatory and, if possible, book an aisle seat by it. If you can book a seat when travelling by train, again ask for an aisle seat near a lavatory.

### **Ferry travel**

You can contact the ferry company or cruise operator for information about toilet facilities at terminals, ports and on ships. You can obtain a list of ferry companies and further details from the Disabled Persons Transport Advisory Committee or from Tourism for All (see *Further help*).

### **Air travel**

When booking your flight you can ask for an aisle seat close to the lavatories. If you have particular dietary requirements, such as wheat-free or low fat food, you can pre-arrange your in-flight meals at the same time. If you are going on a long flight you might want to take an anti-diarrhoeal beforehand (see *Medication*).

During the flight you may feel bloated, as the reduced air pressure in the cabin causes gases in the body to expand. It will help to wear loose fitting, comfortable clothing and to avoid fizzy and alcoholic drinks, as well as foods that give you wind. Also the air is very dry in the cabin, so it is advisable to drink plenty of water or juice and limit your caffeine consumption to help prevent dehydration.

If you have had recent surgery, see *Travelling after surgery*.

## Food and drink

Everyone is at increased risk of getting a stomach upset when travelling overseas, especially to less developed countries. A common problem is traveller's diarrhoea caused by bacteria, parasites or viruses in contaminated food and water. Having IBD means you have to be particularly careful about hygiene and what you eat and drink. The following tips may help you to keep well:

- Wash your hands with soap and dry by air or a clean towel before eating. You could carry a plastic bottle of soapy water or take a supply of disposable wipes or hand-wash gel that doesn't need water.
- Peel all fruits and eggshells yourself.
- Avoid food from street vendors.
- Avoid food likely to have been exposed to flies.
- Avoid dairy products unless you know they have been pasteurised and prepared under sterile conditions.
- Avoid raw vegetables and salads, undercooked foods, such as steaks and burgers, and foods kept warm.
- Avoid shellfish which can easily be contaminated.
- Avoid ice cream from unreliable sources, such as kiosks.
- Drink bottled water (ensuring the seal is not broken) or water that has been boiled (at high altitudes boiling does not sterilise) or sterilised with a reliable filter or chemical disinfection, such as Aquamira Water Treatment Drops or Tablets. Use this water to brush your teeth or when preparing any food.
- Avoid ice unless you are sure it is made from safe water.
- Avoid swallowing water while swimming as pools, lakes, rivers and sea may be contaminated.

## Treating traveller's diarrhoea

If you get traveller's diarrhoea, it often passes within three to four days. It is important to take plenty of liquids to replace the fluids lost by diarrhoea to prevent dehydration. It is better to avoid ice-cold, caffeinated (such as coffee) or citrus drinks which can aggravate diarrhoea. You can take an oral rehydration preparation (see *Medication*) dissolved in boiled water. This should be at least 2 litres sipped through the day (8-10 average glasses, but more in hot weather).

As you improve you can take bland food, such as bananas, plain toast, boiled rice, soup, chicken and well cooked carrots. Avoid products containing milk, even several days after recovery, as you can get temporary lactose intolerance.

It is advisable to rest and relax. If you have to keep travelling, you could take an anti-diarrhoeal to help stop the symptoms (see *Medication*). These should not be used if you have a flare-up of your IBD.

If you do not get better within a couple of days, or you develop a fever or any other symptoms associated with your IBD, see a doctor or go to a hospital. It is particularly helpful to get a stool test done. You may have to wait several days for the result. If you have to travel on, you could ask for the result to be emailed to you.

Bloody diarrhoea could be a flare-up of your IBD or due to a bacterial infection that needs treatment with antibiotics. If these symptoms are due to an infection, taking steroids, which suppress your immune system, could make you worse. UK doctors generally recommend taking a course of ciprofloxacin or similar antibiotic for at least 5 days first and if symptoms do not settle, then consider steroids. If amoebiasis (a parasitic infection) is suspected or confirmed, metronidazole (Flagyl) is appropriate. It is advisable to discuss these treatments with your doctor before going away.

## Avoiding other health risks

### Deep vein thrombosis (DVT)

DVT or blood clots can be a risk for anyone sitting still on a long journey. Long haul flights lasting over 8 hours are thought to be the highest risk factor, but long journeys by car, bus or train can also put you at risk. Having IBD, you may be at increased risk of getting blood clots, even during remission. You may also be at risk if you have had recent surgery. You can reduce the risk during the journey by:

- Wearing loose fitting, comfortable clothing
- Drinking plenty of non-alcoholic fluids
- Avoiding drinks containing alcohol and caffeine both before and during the flight
- Avoiding smoking
- Rotating your ankles regularly
- Taking regular deep breaths
- Walking at regular intervals around the plane cabin or train carriage or during stops on bus and car travel
- Wearing travel compression socks/stockings – it is vital that they are properly fitted.

The British Medical Association does not recommend taking aspirin to prevent travel related DVT. It is best to talk to your specialist about your risk and whether you should wear compression stockings and/or take anti-coagulant medication.

### Dehydration

In hot weather you will need to take care not to become dehydrated. It is advisable to avoid strenuous exercise during the hottest hours and to drink plenty of non-alcoholic liquids (at least 8-10 average glasses) and to take extra salt to replace the body fluids and salts lost through sweating. Signs of dehydration are:

- Dry skin and mouth
- Feeling thirsty, light-headed and tired
- Headaches
- Scanty, dark coloured urine

- Muscle cramps

We have a leaflet on *Dehydration* available from the website or by calling the Information Line.

### Sun exposure

While it is important for everyone to protect themselves from the effects of the sun, you will need to take even more care if you are on some drug treatments for your IBD. These include azathioprine, mercaptopurine and methotrexate which will make your skin more sensitive to damage from the sun. It is best to use a high skin protection factor sunscreen (SPF 25 or above).

### Travelling after surgery

If you have had surgery, it is usually better to wait until you are able to walk around easily and to sit comfortably for the duration of a journey before travelling. People recover individually at different rates. This may be after 3-4 weeks, but it could be more or less, depending on the type of surgery and your general condition. If you intend to drive and have had abdominal surgery, it is usually better to wait for 6 weeks.

If you are planning to travel by air, you can be affected by the pressurised cabin air, which expands the gases in your body. This may cause you pain and stretch your wound. Many airlines restrict air travel from 1-10 days after surgery, depending on the type of operation. You are also at increased risk of deep vein thrombosis after surgery (see *Avoiding other health risks*).

### Travelling with a stoma

If you have an ileostomy or colostomy you may have particular concerns before travelling. With careful planning, having a stoma should not stop you from going away. It is important to take ample stoma supplies. You are likely to be eating differently and you may have to change your appliance more often than usual. This may happen particularly in hot climates and it is a good idea to take more supplies than you think you will need –

some people suggest twice as much as normal. You could check whether your supplier delivers abroad, as some companies offer this service. If you are travelling by air, taking your supplies in your hand luggage ensures that you are not without them.

For detailed information about travelling with a stoma you can contact the IA (The Ileostomy and Internal Pouch Support Group) or the Colostomy Association, listed at the end, or you could speak to your stoma nurse. For travel abroad the Colostomy Association provides a Travel Certificate in many different languages, explaining your essential needs, which can be useful when checking in at the airport or when going through airport security.

### Other tips for foreign travel

- It can help to learn key words or phrases in the local language about your condition, medication and emergency help. EFCCA has information sheets on travel to various European countries containing useful phrases.
- You may be able to get a 'Can't Wait' card in the local language. Crohn's and Colitis UK has cards in many different languages. Call the Information Line for details.
- If you are on a restricted diet, you can obtain dietary cards in various languages about foods you cannot eat. See Dietary Card under *Further help*.
- Keep in mind that too much sun, alcohol and spicy food can affect normal digestion.

### Checklist before travelling

- Find out about insurance, vaccinations and malaria, as appropriate.
- Obtain an EHIC card for travel in Europe.
- Get a copy of your prescription.

- Obtain enough medicines/medical supplies for the whole time you will be away.
- Check whether you need an import/export drug licence.
- Ask your doctor for a medical summary and, if necessary, get a translation into the local language(s).
- Take details of your own doctor, including phone number and email address.
- Find out details of doctors in the places you will be staying.
- Obtain a medical passport from EFCCA.
- Obtain a RADAR key.
- Get a foreign 'Can't Wait' card(s), if necessary.
- Contact your hotel about en-suite and laundry facilities.
- Check availability of toilet facilities on transport you will be using and where possible, book a seat near the lavatory.
- If flying, inform the airline if you have special dietary requirements. Pack your medication, any medical supplies and your 'emergency travel kit' in your hand luggage and check with the airline on any product restrictions.
- If you have a stoma, for foreign travel get a Travel Certificate from the Colostomy Association and check whether supplies can be delivered to your destination.

### Further help

If you have any further queries, please contact the **Crohn's and Colitis UK Information Line on 0845 130 2233**; or email [info@crohnsandcolitis.org.uk](mailto:info@crohnsandcolitis.org.uk)

### Other organisations

#### ABTA – The Association of British Travel Agents

68-71 Newman Street, London W1T 3AH

☎ Information line: 0901 201 5050 (Call charges: 50p a minute)

Website:

[www.abta.com/disabledtravellers.shtml](http://www.abta.com/disabledtravellers.shtml)

Useful travel information and specific advice for disabled travellers.

### **CBF Darmstadt**

Pallaswiesenstrasse 123A, 64293

Darmstadt, Germany

☎ 00 49 6151 81 22-0

Fax: 00 49 6151 81 22-81

Website: [www.cbf-da.de](http://www.cbf-da.de)

Provides Euro Key at 18 euros and a location booklet 'Locus' at 7 euros. They ask for confirmation of disability with the key order.

### **Colostomy Association**

15 Station Road, Reading, RG1 1LG

☎ Freephone 0800 587 6744 or  
0800 328 4257

Website:

[www.colostomyassociation.org.uk](http://www.colostomyassociation.org.uk)

Provides Travel Certificates in different languages.

### **Contact a family**

209-211 City Road, London EC1V 1JN

☎ Helpline: 0808 808 3555

Website: [www.cafamily.org.uk](http://www.cafamily.org.uk)

Provides information about holidays and holiday accommodation for families with disabled children and links to charities offering holidays for ill and disabled children.

### **Department of Health**

☎ 0845 606 2030

Website: [www.dh.gov.uk](http://www.dh.gov.uk)

Provides health advice for travellers and the European Health Insurance Card

### **Department for Transport**

Great Minster House,

76 Marsham Street, London SW1P 4DR

☎ Enquiry Helpdesk: 020 7944 8300  
8.30am-5.30pm weekdays

Website: [www.dft.gov.uk](http://www.dft.gov.uk)

Links to information and advice on road, rail and air transport. The government transport advisers on disability provide online travel and transport advice for disabled people:

### **DPTAC – Disabled Persons Transport Advisory Committee**

Website:

[www.dptac.gov.uk/door-to-door](http://www.dptac.gov.uk/door-to-door)

### **DietaryCard**

3 Inchcross Drive, Bathgate,

West Lothian EH48 2HD

☎ 01506 635358

Website: [www.dietarycard.com](http://www.dietarycard.com)

Tailor-made translation cards in numerous languages at £7 each for people with food sensitivities.

### **EFCCA – European Federation of Crohn's & Ulcerative Colitis Associations**

Website: [www.efcca.org](http://www.efcca.org)

Provides travel guides by country and a medical passport.

### **Foreign and Commonwealth Office**

Travel Advice Team

Consular Directorate

Old Admiralty Building

London SW1A 2PA

☎ 0845 850 2829

Website: [www.fco.gov.uk](http://www.fco.gov.uk)

Provides a wide range of information on travel abroad, including how to get help if things go wrong, and embassy contact details.

### **Frio UK Ltd**

PO Box 10, Haverfordwest SA62 5YG

☎ 01437 741700

Website: [www.friouk.com](http://www.friouk.com)

Supplies medication cooling wallets in various sizes from £12 plus VAT, approved by the British Medical Devices Evaluation Unit. The wallets work by being immersed in water, when the crystals contained in the panels of the wallets expand into a gel. The system relies on the evaporation process for cooling and remains cool for several days.

### **Heathrow Airport Guide**

☎ 0870 000 0123

Website:

[www.heathrow-airport-guide.co.uk](http://www.heathrow-airport-guide.co.uk)

Full details on the airport facilities, tips for disabled travellers, links to other UK

airports and information on an independent agency:

**Travel-Care** – Open 9am-5pm weekdays.

☎ 020 8745 7495

Offers assistance to anyone at Heathrow with a problem.

Located in the Queens Building between Terminals 1 and 2.

### **Home Office Drugs Branch**

☎ 020 7035 4848 weekdays 9am-5pm

Website: [www.drugs.homeoffice.gov.uk](http://www.drugs.homeoffice.gov.uk)

Information on controlled drugs, licences for taking medicines abroad and embassy contact details.

**IA** (The Ileostomy and Internal Pouch Support Group)

Peveill House, 1-5 Mill Road, Ballyclare, Co Antrim, BT39 9DR

☎ 0800 018 4724 (freephone) or  
028 9334 4043

Website: [www.iasupport.org](http://www.iasupport.org)

### **MedicAlert Foundation**

1 Bridge Wharf, 156 Caledonian Road  
London N1 9UU

☎ 0800 581420

Website: [www.medicalert.co.uk](http://www.medicalert.co.uk)

A charity providing bracelets and other products to contain personal medical and medication information.

### **Medical Advisory Service for Travellers Abroad (MASTA)**

Moorfield Road, Yeadon, Leeds  
LS19 7BN

Website: [www.masta.org](http://www.masta.org)

Provides general travel health advice online, as well as personal health briefs for travel around the world (£3.99 each).

MASTA has travel clinics around the UK providing travel vaccinations.

### **NHS website**

Website: [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

Provides health advice for travellers on a range of topics.

### **National Travel Health Network and Centre**

Website: [www.nathnac.org](http://www.nathnac.org)

Funded by the Department of Health, NaTHNaC provides a wide range of online

information about health and travel abroad.

### **PIE Enterprises**

The Bridge, 12-16 Clerkenwell Road,  
London EC1M 5PQ

☎ 0844 847 0875

Website: [www.shop.thepieguide.com](http://www.shop.thepieguide.com).

Publishes Gowrings Mobility UK Road Atlas at £12.99 plus P&P.

### **RADAR**

#### **The Royal Association for Disability and Rehabilitation**

12 City Forum, 250 City Road, London  
EC1V 8AF

☎ 020 7250 3222

Website: [www.radar.org.uk](http://www.radar.org.uk)

*The National Key Scheme gives access to specially adapted toilets which are kept locked to avoid vandalism. RADAR can provide a key at a cost of £3.50 on declaration of disability. A guide to toilets is also available to buy. RADAR also produces travel guides for holidays in the UK and abroad.*

### **Tourism for All**

c/o Vitalise, Shap Road Industrial Estate,  
Shap Road, Kendal,  
Cumbria LA9 6NZ

☎ Information line: 0845 124 9971

Website: [www.tourismforall.org.uk](http://www.tourismforall.org.uk)

Provides information on accessible accommodation in the UK and abroad and other tourist services for people with special needs.

### **Helpful books**

**Bugs, Bites and Bowels** by Jane Wilson-Howarth. Cadogan Guides. 2002. ISBN 1860118682.

**Let's Eat Out! Your Passport to Living Gluten and Allergy Free / Multi-Lingual Phrase Passport** by Kim Koeller & Robert la France. For more details call 0800 011 2542 or visit [www.allergyfreepassport.com](http://www.allergyfreepassport.com).

**The Traveller's Good Health Guide** by Ted Lankester. Sheldon Press. 2002. ISBN 978-0-85969-991-4.

**Travellers' Health: How to Stay Healthy Abroad** by Richard Dawood. Oxford University Press. 2002.  
ISBN 0-19-262947-6.

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***We hope that you have found the information helpful and relevant. We welcome any comments from readers, or suggestions for improvements. References or details of the research on which this publication is based, and details of any conflicts of interest can be obtained from Crohn's and Colitis UK at the address below. Please send your comments to Helen Terry at Crohn's and Colitis UK, 4 Beaumont House, Sutton Road, St Albans, Herts AL1 5HH or email [h.terry@crohnsandcolitis.org.uk](mailto:h.terry@crohnsandcolitis.org.uk)***

**Crohn's and Colitis UK is the working name for the National Association for Colitis and Crohn's Disease (NACC). NACC is a voluntary Association, established in 1979, which has 30,000 members and 70 Groups throughout the United Kingdom.**

**Membership of the Association costs £12 a year. New members who are on lower incomes due to their health or employment circumstances may join at a lower rate. Additional donations to help our work are always welcomed.**