



B. Braun TransCare

Going away?

B. Braun TransCare Freephone Number: 0800 840 5503

We
PROTECT
and
IMPROVE
the
HEALTH
of people
around the world.

Going away

If you want to go on holiday, or visit family and friends for a period of time, you should first discuss your plans with your Consultant or GP. If they are happy for you to travel, we will do everything we can to support you, whether you are travelling in the UK or going abroad.

Please inform the B. Braun TransCare Patient Representative at least six weeks in advance of your holiday using our Freephone number:

0800 840 5503.

UK

We can deliver to an address in the UK provided that a named adult is there to check and sign for the delivery.

We require written confirmation of the full address and telephone number of your destination and a contact name.

Please note, if we provide you with any equipment for your holiday location, this is your responsibility during your holiday and any loss or damage could ultimately be chargeable.



Going abroad

Please contact your tour/travel operator in advance to discuss your specific needs.

We can deliver to UK air and sea ports provided that a named adult is there to check and sign for the delivery.



Prior to travelling we will require the following information in writing:

- The name of air/sea port
- Terminal name or number if applicable
- Flight number/sailing reference
- Airline/ferry company/cruise line
- Departure date
- Time of arrival at air/sea port

We need to know where you are going and how long for, in order to establish what items and what quantities will be required.

We can, on request, provide special identification labels to attach to the boxes containing your PN/medication/equipment.

We can supply a letter or documentation to assist your passage through customs.

We suggest you contact your airline (if applicable) to check security arrangements in relation to hand luggage and the current rules regarding transportation of fluid.

If you are a nursed patient we cannot provide a nursing service for you abroad. You will need to discuss your options with your referring trust. Make sure you have enough emergency medical supplies in your hand luggage in case of delays.

Any excess baggage costs are your responsibility.

Give yourself plenty of time before your departure date to check the procedure and ensure you have the correct documentation.

In addition, it is your responsibility to ensure that any refrigerated products we supply you with, are kept in an appropriate refrigerated appliance complying with the requirements of keeping products at the temperature range specified (2 – 8 degrees°C). We can work with you and provide advice so that this can be achieved. We can deliver PN for you to take overseas in cool boxes that are validated to keep products at the required temperature for 72 hours.

We would not be able to provide you with nursing or equipment if you are travelling overseas; therefore you need to speak to your referring trust for these requirements.

If you are a nursed patient we cannot guarantee that we would be able to provide nursing support for you at your holiday location in the UK. This would be subject to our nursing availability.



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Pre-travel patient action check-list

- ✓ Discuss plans with GP/hospital (including if nursing/equipment is required if you are going abroad).
- ✓ Check if there is a fridge you can use at your holiday location. Ask us to provide you with a fridge thermometer, if you don't already have one, to check the fridge you are using is always within the correct temperature range.
- ✓ Inform B. Braun TransCare at least six weeks in advance. We will need to know where you are going, the duration and what will be required.
- ✓ Provide B. Braun TransCare with the full address of holiday location (including any other contact name and telephone number).
- ✓ If applicable, inform B. Braun TransCare of the name of the adult who will be signing for the delivery.
- ✓ If going abroad, contact your travel operator to discuss your needs and security arrangements.
- ✓ If going abroad, B. Braun TransCare will provide any labels/paperwork if required.

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- ✓ Pack enough emergency medical supplies in your hand luggage just in case of delays.
- ✓ If going abroad, inform B. Braun TransCare of:
 - The name of air/sea port
 - Terminal name or number if applicable
 - Flight number/sailing reference
 - Airline/ferry company/cruise line
 - Departure date
 - Time of arrival at air/sea port
- ✓ Pack any refrigerated items appropriately according to the advice from B. Braun TransCare i.e. the use of cool boxes.
- ✓ Allow yourself plenty of time for travel.

How to pack a cool box

This chapter will show you how to correctly pack your PN into cool boxes. You will need to use cool boxes if you are transporting your PN between refrigerators (e.g. when you go on holiday) or in an emergency following failure of your refrigerator.



You will have been sent three cool packs with your first delivery of PN. Make sure that you keep them in your domestic freezer so that they are always ready to use. If you no longer have your cool packs, call the B. Braun TransCare Freephone number **(0800 840 5503)** to order some more. Cool boxes can also be obtained via the B. Braun TransCare Freephone number.

Each cool box will hold two bags of PN and will need three cool packs.

Equipment needed



Cool boxes



Cool packs – three for each cool box



Packing tape



A pen and some paper

Cool box instructions

Important to remember

Remove the correct number of cool packs from your freezer and allow them to stand at room temperature for 15 minutes before use. Do not stack them more than three high. This allows the cool packs to acclimatise and prevents accidental freezing of your PN.

Step one

Remove the lid of the cool box and place one cool pack in each of the two side pockets.



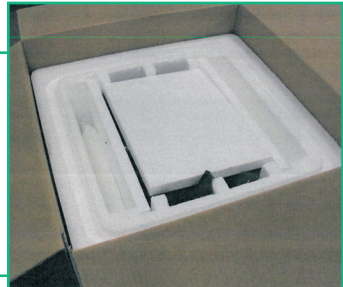
Step two

Place your PN in the middle compartment of the cool box so that the two polystyrene spacers separate the cool packs from the PN. It is important not to let the cool packs touch the PN.



Step three

Gently place the polystyrene inner lid on top of the PN so that it is below the top of the box. It is important not to squash your PN when you do this.



Cool box instructions

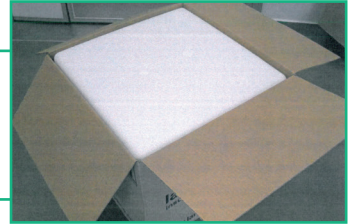
Step four

Place a cool pack on top of the inner lid so that the top of the pack is in line with the top of the box.



Step five

Close the outer lid of the cool box, making sure that it fits securely.



If you are transporting your cool box, seal the outer cardboard box with packaging tape.

When packed in this way, unopened cool boxes will keep your PN cool for 72 hours (3 days) e.g. if your cool box was packed at 9 am on a Monday, your PN will keep cool until 9 am on Thursday.

Write down the time and date that you packed your PN and attach it to your box as a reminder. Use the chart below to help you.

If you pack your cool box on	It will keep cool until
Monday	Thursday
Tuesday	Friday
Wednesday	Saturday
Thursday	Sunday
Friday	Monday
Saturday	Tuesday
Sunday	Wednesday



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