A practical guide to living with and after cancer

TRAVEL AND CANCER
About this booklet

This booklet is about travelling when you have cancer. It is for anyone who is planning a trip abroad. There is also information for carers, family members and friends.

The booklet explains some of the issues you may need to think about before you travel. It also gives tips about getting travel insurance and taking care once you are away. We hope it helps you deal with some of the questions you may have.

If you find this booklet helpful, you could give it to your family and friends. They may also want information to help them support you.

This booklet does not have information about planned cancer treatment abroad. We have information about this on our website. Visit macmillan.org.uk/information-and-support

How to use this booklet

The booklet is split into sections to help you find what you need. You can read it from start to finish. But you might find it easier to go straight to one section in the booklet and start reading from there. You can always go back to other sections if you need to. You can use the contents list on page 3 to help you. You may also like to make notes on page 124.

On pages 119 to 123, we have listed some useful contact details and other organisations that can help.
Using the glossary
We have tried to make this information as clear and simple as possible. But some of the words used to talk about travelling with cancer and getting travel insurance can be confusing. In this information, we have put some of these words in **bold** and have explained them in the glossary (see pages 105 to 110).

Quotes

In this booklet we have included quotes from people who have travelled with cancer, which you may find helpful. These quotes are from people who have chosen to share their story with us. To share your story, visit [macmillan.org.uk/shareyourstory](http://macmillan.org.uk/shareyourstory)

For more information

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, Monday to Friday, 9am to 8pm, or visit [macmillan.org.uk](http://macmillan.org.uk)

If you would prefer to speak to us in another language, interpreters are available. Please tell us, in English, the language you want to use. If you are deaf or hard of hearing, call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

We have some information in different languages and formats, including audio, eBooks, easy read, Braille, large print and translations. To order these, visit [macmillan.org.uk/otherformats](http://macmillan.org.uk/otherformats) or call **0808 808 00 00**.
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'I went on lots of weekend breaks in the UK whilst going through chemotherapy, which were a great pick-me-up.'

Julia
TRAVELLING WHEN YOU HAVE CANCER

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The benefits of travel

Taking some time to travel can help many people affected by cancer feel better.

Travelling may:

• improve your mood
• help you feel more relaxed and positive
• allow you to spend more time with family and friends
• increase your confidence
• help you become more physically active, which can have health benefits before, during and after cancer treatment.

Travelling can be a chance to reflect on what you have been through. It can allow you to see a place you have always wanted to see, or to visit people you have not seen in a while. You may also have spiritual or religious reasons for wanting to travel. Or if you are looking after a loved one with cancer, you may need to take some time off from caring.

You may want to chat with other people affected by cancer about travelling or set up your own travel blog on our online community. Visit community.macmillan.org.uk

We also have a video on our website of Alan talking about his holidays and adventures since he was diagnosed with leukaemia. To watch this video, visit macmillan.org.uk/travel
Help with the cost of travelling

If you are worried about the cost of travelling, help may be available. Macmillan and other charities provide grants for people affected by cancer who have a low income and meet certain criteria. These can include grants towards the cost of a holiday.

You need to apply for many of these grants, including those provided by Macmillan, through a health or social care professional. Speak to a member of your healthcare team to see if they can help you.

For more information on grants, visit macmillan.org.uk/grants or call our support line on 0808 808 00 00.

We also have more information about getting financial support on our website. Visit macmillan.org.uk/moneyworries

‘When they tell you that you have cancer, your mind goes off because you are trying to put all of your affairs in order. I thought, “Wow, I want to get out there and see places I haven’t been to. I want to travel”.’

Alan
How cancer can affect travel

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How cancer and its treatment can affect travel

Many people who have cancer are able to travel without problems. But for other people, cancer or its treatment may make travelling more difficult. How cancer affects your travels will depend on a number of factors. These include the type of cancer you have and how it is being treated.

Here are some of the main effects that you may need to consider:

• Cancer and its treatments can have physical effects. These could make it more difficult to travel or could cause problems while you are away.

• You may need to take medicines and medical equipment with you (see pages 63 to 71).

• **Travel insurance** is generally more expensive for people who have cancer (see pages 31 to 50).

Planning ahead can help you to avoid many problems (see pages 23 to 29). It is important to speak to your doctor or specialist nurse before you make any plans. They can tell you whether the cancer or its treatment could make travelling unsafe. They will tell you how you need to prepare if you do travel and what precautions to take.

We have more information about the different types of cancer and cancer treatments. Call our cancer support specialists on **0808 808 00 00** to order the information you need.
Physical effects and travel

Cancer and cancer treatments can cause physical effects, including certain side effects and symptoms that may affect travel. Knowing more about how to manage these can help make travel as safe and enjoyable as possible.

Feeling very tired (fatigue)

Feeling very tired is a common side effect of cancer treatment. It can sometimes continue for months after treatment is over. It can also be an ongoing symptom if you have cancer.

Tiredness doesn’t have to stop you travelling. But you will need to think about the amount of activity you can manage and how to pace yourself. Try not to do too many things and make sure you take plenty of time to rest between activities.

You can also arrange to have help at airports and train stations (see pages 53 to 61). For example, you could arrange to have a wheelchair so you don’t need to walk as much.

Infection risk

Chemotherapy and some targeted therapy drugs increase your risk of infection. If you are thinking about travelling during treatment, talk to your cancer doctor or nurse about your risk of infection. Your risk of getting an infection will be higher at some times than others. Most people are fine a few weeks after treatment is over. However, you should always check with your doctor first.
People who have had intensive treatment, such as a stem cell transplant, are at risk of infection for longer. After the first year, you can usually travel abroad. You will need to talk to your cancer doctor and get advice on vaccinations (see pages 25 to 27).

If you are travelling and are still at risk of getting an infection, your doctor may advise you to take antibiotics with you. Always follow the general advice you have been given to reduce your risk of an infection. This includes washing your hands regularly, especially before eating. You will also need to be careful about the foods you eat (see pages 74 to 75).

It is important to be careful about insect bites, as they may become infected. This is especially important if you have lymphoedema (see pages 92 to 96).

**Always see a doctor straight away if you think you may have an infection.**

‘I went on holiday in between chemotherapy sessions. My oncologist was happy about this, but made sure I had details of the nearest hospital and knew how to avoid infections.’

Jacqui
Being more sensitive to the sun

Radiotherapy and some cancer drugs can make your skin more sensitive to the sun. Your cancer doctor or nurse can tell you more about this. It is important to look after your skin by using a suncream with a high **sun protection factor (SPF)** of at least 30. You should also stay out of sun during the hottest part of the day. This is usually between 11am and 3pm. Try to sit in the shade, even at other times of the day.

If you have had radiotherapy, it is very important to protect the skin in the treated area. People who have had a donor stem cell transplant should be very careful about protecting themselves from the sun.

We have tips about taking care in the sun on pages 77 to 78.
Long-term effects

Some cancer treatments may cause or increase the risk of long-term physical problems. These include lymphoedema or bladder and bowel changes. Lymphoedema is a swelling caused by a build-up of fluid. It happens when the lymphatic system, which normally drains fluid away, is not working properly.

If you have lymphoedema, you may be worried about it becoming worse if you travel. Or you may wonder how you will manage it while you are away. If you are at risk of lymphoedema, you may be concerned about developing it when you travel. There is lots of advice available to help you:

- manage lymphoedema when you are away
- reduce your risk of developing lymphoedema.

You should also ask your lymphoedema nurse if you need to take antibiotics with you.

If you have had radiotherapy to the pelvis, or surgery on the bowel or bladder, it may change how your bladder or bowel works. There are things you can do to be prepared. For example, this may include making sure you have anti-diarrhoea tablets or any pads or supplies you need with you.

We have more information about long-term effects and travelling on pages 91 to 103.
**Surgery**

If you have recently had surgery, your doctor will advise you on whether it is safe to travel or how long you should wait. They can also tell you if there is a type of travel you should avoid.

After certain operations, such as to the brain, eye, chest or bowel, you will be advised not to fly for a while. This is because surgery may introduce air into the body. Flying can increase pressure and cause pain or stretch a wound. It is very important to follow the advice your doctor gives you. You may also want to check with the airline before you book, as they will have their own rules about flying after surgery.

People who have had their spleen removed (splenectomy) are more at risk of developing an infection (see pages 97 to 98). You will need to take certain precautions, especially if you are travelling to an area where there is a risk of **malaria**. Malaria is a disease spread by mosquitos. It is mainly found in tropical countries, for example in parts of Africa, Asia and Central and South America. Malaria can be especially severe if you have had a splenectomy.

People who have had surgery are more at risk of a blood clot. You may have to delay your travel for a few weeks and follow certain advice to reduce this risk.
If you are having or have had a urostomy, a colostomy, an ileostomy or a tracheostomy, there may be certain things you need to think about before you travel. Having a stoma does not stop you from travelling, but you will have to think carefully about preparing for your trip.

Most hospitals have specially trained nurses, called stoma care nurses. Ask your nurse for advice about **travel insurance and certificates**, supplies and any dietary issues you may have while you are away. There are also different organisations that can help and support you (see pages 120 to 121 for contact details).

Having a breast removed (mastectomy) does not stop you from travelling. Organisations such as Breast Cancer Care have information about suitable holiday wear, such as swimsuits (see page 121 for contact details).
Cancer and air travel

Some people with cancer may be advised not to travel by air. This is usually because oxygen levels and air pressures change at high altitudes. You may be advised not to fly if you:

- are breathless
- are anaemic (have a low number of red blood cells)
- have a low number of platelets (cells that help the blood to clot)
- are at risk of developing increased pressure or swelling in the brain due to a brain tumour
- have had some medical procedures, for example to the eye
- have recently had surgery to your chest, bowel or eye
- have problems with your ears or sinuses (pressure changes may make symptoms worse).

Always get advice from your cancer doctor or nurse if you are thinking of flying anywhere. They can advise you on whether this is safe for you.
Risk of developing a blood clot

Having cancer increases your risk of a blood clot. Doctors sometimes call this a deep vein thrombosis or DVT. Travelling, especially flying, also increases the risk of developing a blood clot. You are particularly at risk if you sit still for longer periods of time. This could happen when you are on a long-distance flight, or on long bus, train or car journeys.

Your increase in risk may be linked with the type of cancer you have. Some cancers have a higher risk than others. Your doctor can explain this to you.

There are other reasons why cancer can increase the risk of a clot. You may be more at risk if the chemicals in your blood that affect clotting are out of balance. Having more blood-clotting cells (platelets) than normal can also do this.

Having had a blood clot in the past is another risk factor. If you have a family history of blood clots, this may also increase the risk.

Cancer treatments that can increase the risk of developing a blood clot include:

• chemotherapy drugs
• certain types of hormonal therapy drugs, such as tamoxifen and Stilboestrol®
• some targeted therapy drugs
• recent surgery.

We have more information about different cancer treatments on our website. Visit macmillan.org.uk/treatments
Preventing blood clots
Before you travel, ask your doctor about your risk of a blood clot. They can advise you on precautions you should take. Always ask if you should wear compression stockings for travel. If you are going on a longer flight, this is very important as it will reduce your risk of a blood clot. Make sure your compression stockings are properly measured and fitted for you. Ask your nurse or a pharmacist for advice.

Here are some other tips:

• Book an aisle seat, especially on flights, to make it easier to move around.

• Wear loose-fitting, comfortable clothing (especially around the waist and groin).

• Walk around when you can and move your legs or feet for a few minutes every hour.

• Drink plenty of water, especially during flights.

• Limit your intake of alcoholic drinks or drinks containing caffeine so you do not become dehydrated.

Possible symptoms of a blood clot
It is important to know the possible symptoms of a blood clot. They include:

• pain, redness and swelling in a leg or arm

• breathlessness

• chest pain.

Always contact a doctor urgently if you have any of these symptoms. This is important as you will need treatment straight away. A blood clot is serious but your doctor can treat it with drugs that thin the blood.
Vaccinations can reduce your chance of getting certain infections. Some vaccinations are recommended before you travel to some parts of the world. If you have had a particular type of cancer or treatment, you may not be able to have these. This may affect where you can go on holiday.

If you have had treatment for breast cancer, avoid having injections in the arm on the affected side. It is important to get advice from your cancer doctor, specialist nurse or GP about vaccinations.

We have more information about talking to your GP and getting vaccinations on pages 24 to 27.
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Talking to your doctor or specialist nurse

Before you travel, talk to your doctor or specialist nurse about your plans. They can give you advice about:

• whether it is safe for you to travel

• vaccinations

• taking medicines abroad

• any issues you need to think about because of the cancer type, treatment or side effects.

Taking a doctor’s letter

It may be helpful to ask your GP for a written summary of your diagnosis and treatment. You can take this with you and show it to healthcare providers abroad if you become ill. Some travel insurance providers may ask for a doctor’s letter to show you are fit to travel (see page 40).

You may be able to look up translations of some of the key phrases on the notes, such as the cancer type or treatment, and write these down next to them. But only do this if you are certain the translation is correct.

You will need a letter from your GP or oncology team before taking some medicines abroad (see pages 63 to 71).
Getting vaccinations

Your GP or a private travel health clinic can help arrange vaccinations for you. Vaccinations can reduce your chance of getting certain infections. If you have had a particular type of cancer or cancer treatment, some vaccinations may not be suitable for you. This may mean you will not be able to travel to some parts of the world.

Live vaccines

Live vaccines use small amounts of the live virus or bacteria. The virus or bacteria used in these types of vaccines have been changed, so they do not cause the infection. The vaccines encourage the immune system to develop white blood cells (antibodies) to protect against the infection. If you have a weak immune system, you should not have live vaccines.

Your immune system may be weakened if you:

• are having, or have recently had, chemotherapy or radiotherapy
• have had an organ transplant or bone marrow transplant
• are taking, or have recently taken, high doses of steroids or immunosuppressive medicines (drugs that weaken the immune system).

You can have live vaccines after completing immunosuppressive treatments, but you will need to speak to your cancer specialist first. You may need to get a letter from your specialist to confirm that you can have live vaccinations.
Live vaccines include:

- MMR (measles, mumps and rubella)
- oral typhoid
- yellow fever.

Some people may need to avoid live vaccines for the rest of their lives. This includes people who have had a lymphoma or leukaemia, or if their cancer is related to HIV infection.

**Inactivated vaccines**

Inactivated vaccines are safe after cancer treatment, but they may be less effective in people who have low immunity. If you are having chemotherapy, you should ask your cancer specialist when you should have any vaccinations. Inactivated vaccines include:

- diphtheria, tetanus and polio
- hepatitis A
- hepatitis B
- influenza
- Japanese encephalitis
- meningococcal meningitis
- pneumococcal (pneumonia)
- typhoid injection
- tick-borne encephalitis
- rabies.
Re-vaccination

If you have had high-dose chemotherapy and a stem cell transplant, you may not be immune to diseases you were previously vaccinated against. You may need to be re-vaccinated after your treatment has ended.

The vaccinations you may need for your holiday will depend on where you are going. If you have lymphoedema in an arm, or are at risk of developing it due to breast cancer surgery or radiotherapy to an armpit, it is important to have vaccinations in the other arm.
Planning checklist

You can use the checklist below to make sure you are prepared before your trip.

For all travellers

- Have you spoken to your doctor or specialist nurse?
- Are you fit to travel safely?
- Will you need a travel companion or helper to go with you?
- Will you need any special equipment?
- Have you let the travel company and your accommodation know about any particular needs (see pages 53 to 61)?
- Do you need any particular vaccinations for your destination?
- Have you got enough medicines or medical supplies for the whole time you will be away? Remember to take extra supplies, in case your return is delayed.
- Do you have your passport and another form of proof that you are a UK resident, such as a driver’s licence?
- Do you have your travel insurance policy and certificate (see pages 31 to 50)?
- Have you packed all your medical supplies or equipment in your hand luggage, so you can have easy access to them?
If you are travelling to a European Economic Area country or to Switzerland

- Do you have your European Health Insurance Card (see pages 83 to 85)?

If you are travelling with medicines for more than three months

- Do you need or have a personal medicines licence (see page 65)?

If you have severe mobility problems

- Do you have your Blue Badge (see page 60), if you think you will need it?

If you have a stoma

- Does your accommodation have a private bathroom, including facilities to dispose of appliances, if you think you will need this?
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Travel insurance and cancer

Getting travel insurance can be difficult if you have cancer. It can also be difficult if you have had cancer in the past. It is best to look for travel insurance as early as possible before you travel. You should try to look for insurance before booking a trip.

Travel insurance can be more expensive depending on where you are going. The USA and countries in the Caribbean typically cost the most. Certain types of holiday, such as cruises, can also be more expensive.

Before booking a trip, you should discuss your plans with your healthcare team. They can advise you on whether it would be safe to travel. Your oncology team or GP may be able to write a letter (see page 40) saying you are fit to travel, which could help you to get insurance. They may be more likely to write this letter if you had cancer treatment more than one year ago.

If you had cancer treatment in the last year that only aimed to relieve the symptoms of cancer (palliative treatment), it may be more difficult to get travel insurance. If you had treatment in the last year that aimed to cure the cancer, getting travel insurance may be easier than if the treatment was palliative. These are very general guides. Travel insurance providers should look at your individual situation.

The rest of this information gives more details about how travel insurance works and how to find cover.
What is travel insurance?

When you are travelling, you may:

- need emergency medical treatment
- lose your luggage
- need to cancel your holiday
- need to return home early.

Travel insurance provides financial protection if these kinds of things happen. If something goes wrong and it is covered by your travel insurance, your insurance provider will pay you back for any related money you have had to spend. In some cases, they may pay the cost directly, for example to a health service provider.

It is important to have travel insurance if you are going abroad. But the decision about whether to buy travel insurance and what type of cover to get is a personal one. You should think carefully about the risks to your health and belongings when making these decisions.
How travel insurance works

Travel insurance providers will try to understand how likely you are to make a claim.

They usually do this by asking you some questions. You may be asked these questions on the phone or through an online form.

Travel insurance providers will generally ask:

- your age and the age of anyone else who would be covered by the insurance
- where you are going
- how long you are going for
- whether you have any activities planned
- whether you have, or have had, any health conditions.

The insurance provider will then use your answers to work out how likely you are to claim and how much that claim might cost them. They will also use their experience of previous claims. The more likely they think you are to claim, the more they will ask you to pay for travel insurance.
Premiums and excess payments

• The **premium** is the amount of money you need to pay for insurance.

• An **excess** is the amount you may need to pay towards any claim.

If you need to make a claim, you may need to pay an excess first. Or the excess may be taken away from the final claims payment. For example, if the excess on the policy is £50 and you make a successful claim for £250, the insurer will pay you £200.

Depending on your insurance provider and their policies, there may either be:

• a single excess charge for any claim you make

• separate excess charges for each section of the policy when you claim.

Some travel insurance policies have separate excess charges for different events. For example, the excess charge if you claim for an injury may be higher or lower than if you claim for loss of your belongings.

When there is a single excess charge per claim, this can mean you will pay less if you need to claim.
Single-trip and annual policies

- **Single-trip insurance** covers you for one trip abroad.
- **Annual (or multi-trip) insurance** covers you for more than one trip in the same year.

It may be more difficult to get annual insurance when you have a health condition, and it is generally more expensive. If you are planning more than two trips in the same year, you may want to consider annual insurance. But you should first check if it is cheaper to get single-trip insurance for each trip.

If you are not sure about what type of travel insurance is best for your situation, our financial guides can help. They can give you guidance about things like premiums and excess payments, and the types of policies available. Call them free on 0808 808 00 00.

Sports and activities

Many insurance providers will offer cover for certain activities or sports on your holiday. This could include activities such as skiing, diving, mountain biking or bungee jumping.

Standard travel insurance policies do not typically cover these activities. Instead, you may need to get a special policy. These are sometimes called winter sports travel insurance, activity travel insurance or sports travel insurance. You may be able to extend a normal travel insurance policy to cover extra activities.
European Health Insurance Card (EHIC)

If you are travelling to certain European countries, some travel insurance providers may reduce or remove the policy excess if you have an EHIC. The EHIC allows you to get free or less expensive emergency health treatment in those countries. It is not an alternative to travel insurance.

See pages 83 to 85 for more information about getting and using an EHIC.
How cancer can affect getting travel insurance

Cancer counts as a **pre-existing condition** when you apply for travel insurance. Providers typically consider pre-existing conditions to be:

- any serious condition, such as cancer, heart trouble or respiratory problems
- any conditions you have seen a doctor about in the last year, including minor ones
- any condition for which you are waiting for test results
- any condition for which you are waiting for an operation.

If you tell travel insurance providers about any of these that apply to you, they can offer you guidance. If you do not tell them about a pre-existing condition and you then need to make a claim, they may refuse to cover you.

Even if you had cancer a long time ago, it is best to let the insurance provider know, although this may not necessarily affect the price you pay.
What insurance providers may offer

Providers will differ on whether they can insure you and how much it will cost. You may find it particularly difficult to get insured if you are currently having cancer treatment, or if you are terminally ill. This is because there is an increased risk that you might need medical treatment abroad.

If the provider is willing to insure you, they may offer you travel insurance:

• within their usual terms and conditions
• with a higher premium, because you have or have had cancer
• with a higher excess
• with a cancer-related exclusion (see page 40).

You may want to apply through an insurance broker if you have any pre-existing medical conditions. Brokers can take your details and then search insurance providers for you. See page 45 for more information about brokers.

‘An insurance broker found me a good price for an annual travel insurance policy. I was pleasantly surprised that I could get cover and that it didn’t bankrupt me!’

Mia
Cancer-related exclusion

If your travel insurance policy has a cancer-related exclusion, this means you would not be covered for any claims related to the cancer. Whether you are comfortable with this will depend on your situation.

If your insurance provider applies an exclusion, you should make sure you understand exactly what you are, and are not, covered for. Always check with the provider if you are unsure.

Getting a letter from your doctor

Some providers will ask for a letter from your doctor that says you are well enough to travel.

It could come from your oncology team or from your GP. In some cases, GPs may charge you for this letter. They may be more likely to charge if the travel insurance company contacts them to ask for a letter, so it is often best to ask your GP yourself. It may save time if you get the letter before contacting insurance providers.

Taking medical equipment abroad

If you need to take any special medical equipment with you on holiday, make sure your insurance will cover this.
If someone close to you has cancer

You should tell the insurance provider if someone else’s health may affect your trip.

For example, this could be if your partner, relative or friend has cancer. It could be someone travelling with you or someone at home. This is because there is a risk that you may have to cancel your trip or end it earlier than planned because of their health.

There may be no questions on travel insurance application forms about the health of someone you know. But the terms and conditions of the policy may refer to someone else who might cause you to make a claim. So it is important to read the terms and conditions carefully.

You should also tell the provider if there are any health changes between taking out the insurance and travelling. This includes any changes in the health of the person with cancer, and your own.

If you give all this information to your insurance provider in advance, you may be covered if you need to cancel the trip. This depends on the provider and the policy. Ask the provider as early as possible about this.
Travel and cancer

Finding travel insurance

Checking a range of providers and quotes can help you get travel insurance that meets your needs. It could also help you save money.

There are some companies that specialise in providing travel insurance for people with pre-existing conditions. They are more likely to provide insurance that covers problems related to the cancer. But sometimes, general travel insurance companies may also offer you a good deal, for example if you had cancer many years ago.

The following information gives tips about how to find travel insurance providers that can cover you and how to get the best quote possible.
Look online for recommendations

Macmillan’s online community
Macmillan’s online community is a free online forum for people affected by cancer. Travel insurance is one of the most discussed topics on the community and you can find out which providers people are recommending. You do not have to join to read what people are saying.

We have set up a conversation on the online community where we encourage you to share your experiences of getting travel insurance and recommend companies. Visit macmillan.org.uk/travelrecommendations

Comparison websites
You can search online for travel insurance comparison websites. Comparison websites allow you to compare deals from different providers. This can be a quick way to search for quotes. Some of these websites allow you to enter details of your medical condition before you search, which means you will only see quotes that are relevant to you.

Remember that not all providers sell their insurance through comparison websites, so this will not show you all the providers that could help.

Comparison websites are a good starting point, but they focus on price. It is important to check the quality of the cover and whether it fits your situation. Always read the details of the policy before buying it, to make sure it suits your needs.
Online searches
Another way to look for travel insurance providers online is simply to type relevant terms into a search engine. For example: ‘prostate cancer travel insurance’. This usually brings up a mixture of information pages and providers offering travel insurance, and some of them may be worth considering.

When searching in this way, you should check that any organisations you are not familiar with are trustworthy. Legitimate companies will be registered with the Financial Conduct Authority (FCA) and will have an FCA number displayed on their website. On the FCA website, you can type this number into the Financial Services Register to check the company is allowed to do business. Visit the-fca.org.uk

More information online
Below are some useful websites where you can find more information and useful tips.

• which.co.uk – Features a comparison table comparing cover for people with different medical conditions.

• moneysavingexpert.com – Includes general tips about buying travel insurance, as well as some information for people with pre-existing conditions.

• moneyadviceservice.org.uk – Gives general tips about what to look for in insurance policies and some information for people with medical conditions.

• abi.org.uk – You can find answers to commonly asked questions about getting travel insurance on the website.
Call the British Insurance Brokers’ Association (BIBA)

You can find a qualified and regulated insurance broker through the British Insurance Brokers’ Association (BIBA). Insurance brokers do not offer insurance directly. Instead, they try to find a suitable travel insurance provider for you. They can take your details and then search for insurance providers on your behalf.

Call BIBA on 0370 950 1790 (9am to 5pm, Monday to Friday) or visit biba.org.uk/find-insurance

Check existing policies

You may already have travel insurance, for example a policy attached to your bank account (see page 47). Make sure you read the terms and conditions carefully. The policy may not cover pre-existing medical conditions. You should let the provider know if you have a pre-existing condition, as this may affect your cover.

Contact your trade union

Some people have told us they have had good deals on travel insurance through their trade unions. If you are a member of a trade union, you could contact them to find out if they can help.
Other ways of checking deals

While they do not always have suitable offers for people with pre-existing conditions, you can ask for insurance quotes from:

- supermarkets (they may have information leaflets about their insurance in stores)
- your credit card company
- your bank.

Some people automatically have some level of travel insurance cover through their bank accounts. This generally applies to people with ‘premium’ bank accounts where they pay a small fee each month. When the account is set up, the bank does not usually ask medical questions. The account holder is responsible for letting the bank know of any pre-existing conditions.

This cover will not automatically include problems related to the cancer, so check with your bank to find out exactly what it includes and whether the cover can be expanded. The bank may allow you to pay a top-up fee so that you are fully covered. This may be cheaper than buying travel insurance separately.

‘For a monthly fee, our bank account includes worldwide travel insurance. When I told them I’d had prostate cancer, they didn’t raise the premium.’

Kevin
Contacting insurance providers

It will make your search easier if you have certain information ready when you start looking for travel insurance. The checklist and comparison table over the next pages could help.

Whether you apply through an online form or on the phone, you may need to answer some difficult or upsetting questions. For example, the provider may ask about the likely outcome of the cancer (the prognosis). The provider may do this so they can decide whether they need to ask you for more medical information. Some providers call this their medical screening process.

Depending on how you feel about answering these questions, you may want to get quotes from only a couple of insurance providers at a time.

Our financial guides can give you tips on speaking to insurance providers. They can also tell you about your options if you are not happy with the service a provider has given you. Call them on 0808 808 00 00.
Checklist

This checklist includes some common questions travel insurance providers may ask you. Writing down your answers in advance could help you prepare for calling them or filling in their online application form.

- Name of traveller(s)
- Age(s)
- Where you are travelling to
- Length of trip
- Health conditions
- How long ago was the diagnosis?
- Where is, or was, the cancer?
- Has the cancer spread? And if so, where to?
- Any current treatments or any treatment planned?
- Any surgery in the past or planned?
- Current medication
- Current symptoms and side effects
- How advanced is the cancer and is it terminal?
- Details of GP, hospital or specialist visits in relation to the cancer in the last year
- Could the health of anyone else (either someone who is travelling with you or someone at home) possibly affect the planned trip?
- Any medical equipment needed for travel?
- Any winter sports, extreme sports or similar activities planned?
Comparison table

Below is a table for you to compare the policies and quotes of different insurance providers. You can write down the contact details of each provider and some of the important aspects of their policy. In the final rows, you can compare the excess costs and the quotes that different providers give you. This may help you decide on the best insurance policy for your situation.

<table>
<thead>
<tr>
<th>Quote comparison table</th>
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<tr>
<td>Company name</td>
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<td>Contact details</td>
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<tr>
<td>Covered if the trip is cancelled?</td>
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<td>Exclusion for cancer?</td>
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<tr>
<td>Exclusion for anything else?</td>
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<td>Quote</td>
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ARRANGING HELP WITH YOUR NEEDS BEFORE YOU TRAVEL

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Telling travel companies about your needs

You should tell travel companies in advance about any needs you have that could affect your travels. This includes travel agents, airlines, ferry companies and tour operators. You should ideally talk to them before you book the trip to make sure the right support will be available.

You could tell them about:

• any problems you have moving around
• whether you need a wheelchair
• equipment or medications you need to take with you
• help or support you might need at different points in the trip
• whether you will be travelling with a companion
• whether it would be helpful to sit in an aisle seat, for example if you have bowel or bladder problems (see pages 102 to 103)
• your dietary needs.

You should try to tell them as much as possible about how cancer affects you personally. This will help them understand what support you may need at different times in your trip.
The Association of British Travel Agents has a checklist for disabled and less mobile travellers. If you have problems moving around, you could complete this checklist and give it to travel companies, to help them understand your needs. Visit abta.com/accessible-travel for more information.

Most travel companies have a medical officer. This person can help you decide whether it is safe and practical for you to travel. The medical officer can be contacted before you leave and can help you plan your journey. They can also be contacted during the trip.

In some cases, companies may ask questions about your condition to see if you are fit to travel. They may ask you for a letter from your doctor. We have more information about getting a doctor’s letter and speaking to your healthcare team before you travel on page 24.
Air travel

Airports and airlines have ‘special assistance’ teams who can help you plan any support you need. They can arrange for people to help you and for equipment to be available.

Facilities vary between different airports and airlines. You should tell your airline at least 48 hours before your flight if you will have specific needs during travel.

In the UK and Europe, there are laws that mean you have certain rights at airports if you have reduced mobility. This includes the right to help:

• at arrival points, such as at terminal entrances, train stations, bus terminals and car parks
• getting to check-in
• with registration at check-in
• moving through the airport, including to toilets if you need it.

You can travel with up to two items of mobility equipment free of charge on airplanes. This could include wheelchairs or walking frames. This will not count as part of your baggage allowance. Check with your airline in advance to tell them about the equipment you plan to travel with, to make sure there are no restrictions.

We have more information about taking medicines and equipment abroad on pages 63 to 71.
Airport security

Before flying, all passengers need to go through airport security checks. This includes checks on mobility equipment. If you have an external prosthesis or a stoma (see pages 99 to 101), you may want to tell the security staff as you enter the security area of the airport. This may mean you are less likely to be searched than if you had not told them. It may be helpful to carry a letter from your GP or cancer specialist that explains your situation.

Your stoma care nurse or your equipment supplier should be able to give you a travel certificate that explains your situation in different languages. This is also available from ostomy support groups (see pages 120 to 121 for contact details).

In some cases, people will be randomly chosen to have a body search. If you are asked to have a body search, you can ask for a security officer of the same sex to do this. The body search will be carried out in a private, lockable room and you will not be left alone with just one security officer. A family member or friend may come with you.

If you wear a wig, you don’t usually need to go through any extra security checks. If a security official does ask to check your wig, you can ask them to use a hand scanner so you do not need to remove it. If they ask you to remove the wig, you can ask to do this in a private space.

The processes for airport security can vary between countries and airports, but generally any security checks should be done sensitively.
Body scanning

Full **body scanners** are used at some airports, including some airports in the UK. Travellers are selected at random to have a body scan with security scanning equipment. You will not be able to fly if you refuse to have a body scan during an airport security check.

The purpose of a body scanner is to show whether you have hidden weapons or banned items. But your image will also show if you have a stoma, implant or external prosthesis. Security staff have been trained to handle sensitive issues around surgery and treat passengers respectfully.

You should expect the following:

- You will be picked out for a scan at random or if you have activated a metal detector.
- You can ask for a security officer of the same sex to be the one who checks your scan on the screen.
- You will have the scan in the security area, with a member of airport staff present. It will take just a few seconds.
- After the scan, only you and a security officer will see an outline of your body on a small screen. No bodily features or skin will be seen. They will not be able to identify you from the scanned image and you will not meet the security officer.
- Your scan will be permanently deleted after a security officer has looked at it.
The policy on body scanning may vary at airports in different countries outside of the UK.

If you are travelling to a country where you do not speak the language, you may want to contact the embassy for the country you are visiting to find out their policy on body scanning. You may also want to carry a card with a brief description of your condition, including information about your prosthesis or stoma if you have one.
Road and rail travel

Parking and driving abroad

In the UK, the Blue Badge scheme generally allows you to park free in restricted areas if you have severe mobility problems. The Blue Badge is also recognised in some other European countries, but the rules differ between countries. It is important to check in advance where you can park and for how long.

You can find more information about driving in specific countries on the following websites:

• The AA – visit theaa.com/motoring_advice/overseas
• The RAC – visit rac.co.uk/driving-abroad

You can find out more about the Blue Badge and other driving schemes and concessions in the UK from your local council.

Accessible rail travel

Check with train companies in advance about whether particular train lines and stations are suitable for your needs. Many trains in the UK and abroad are wheelchair accessible. Let the company know if you will need help boarding or getting off a train at a particular station.

Within England, Scotland and Wales, the Disabled Person’s Railcard entitles people with mobility needs to cheaper rail travel. Similar discounts may be available in some other countries.

We have more information about transport schemes and concessions within the UK on our website. Visit macmillan.org.uk/information-and-support
Sea travel

If you are disabled or have reduced mobility, and are travelling on a ship that leaves from the UK or Europe, you have a legal right to free help. This includes help when you are getting on and off the ship. You should tell the carrier, travel agent or tour operator when you book, or at least 48 hours before you travel, if you need this help.

The facilities available on ships may vary. Some medical equipment (such as oxygen cylinders) may not be allowed on certain ships, particularly if the ship is small and space is limited. The same may apply to larger mobility aids. Speak to the company before you book the trip to find out more.
Taking medicines abroad

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Advice from your healthcare team

Your GP, oncology team, practice nurse or pharmacist can advise you about taking medicines abroad. They can tell you if you need to make any special arrangements. Try to speak with them as early as possible before your trip.

Before taking some types of medicine in or out of the UK, you will need a letter from your doctor. This includes some painkillers and morphine. Having a letter from your doctor will also be helpful if you have to take the following with you:

• syringes
• needles
• portable medicine pumps.

The letter from your doctor should include:

• your name and address
• your date of birth
• the country (or countries) you are visiting
• your dates of travel
• the medicines you are taking, the doses and total amounts you are taking with you.
Check on country restrictions

Some countries restrict or limit the drugs that can be taken into or out of the country. It is important to check with the country’s high commission or embassy.

If you are travelling for more than three months, you may need a medicines licence from the Home Office so you can take certain drugs out of the UK. If you are not sure whether you need this for your medicines, check with your doctor.

To get a personal medicines licence, you must complete a form and send it to the Home Office Drugs and Firearms Licensing Unit (DFLU). You will also need to attach a brief letter from your doctor to the form, saying that the details you have given are right.

You can download a form from the DFLU website or ask to be sent one by phoning 020 7035 6330. The Home Office will usually need at least two weeks to process your application. You can get information about the maximum amounts of controlled drugs that can be taken out of the UK from the DFLU.

For more information, visit gov.uk/guidance/controlled-drugs-licences-fees-and-returns
Have enough medicine for your trip

If you are taking regular medicines, make sure you have enough to last for your whole trip. You should make sure you have enough in case your return is delayed. If you are going for a long time, check whether you can get the medicines you need in the country you are going to. Your doctor can normally prescribe only a limited amount.

If a course of medication you are taking is due to end when you will be abroad, speak to your GP before you travel. They may be able to increase your prescription if necessary. If you are already abroad and run out of supplies, you may be able to register with a local doctor, or buy medicines from a pharmacist.

Remember that medicine quality may vary in other countries. If you do buy drugs abroad, you should check that the pharmacy is licensed. You should also ask the pharmacist whether the medicine has the same active ingredient as the one you are taking. The British embassy or high commission in the country you are visiting will be able to advise you about local healthcare.

Medicines tend to have at least two names: the name of the drug (its ‘generic’ name) and the name of the brand. For example, the generic drug anastrozole is sold under the brand Arimidex®.

Brand names can vary between countries, so it can help to keep a record of generic names. Your pharmacist can help you with this.
Storing and carrying medicines

You should carry all medicines, covering letters and licences for controlled drugs in your hand luggage, as customs officers will usually need to see them. Make sure you keep medicines in their original packaging. If they are not controlled drugs, it may help to carry one set in your hand luggage and another in your suitcase. That way, if one set goes missing, you still have the other.

It can also help to keep a list of:

• the medicines you are taking
• information about the doses
• the number of times a day you take them.

This will help you get replacements if you lose them. Always use the generic name of the medicine, as brand names can vary from country to country.

‘Because I carry drugs while I travel and I’m worried that they may get lost, I usually put some in my suitcase and some in my hand luggage. I don’t want anything to mess up my holiday and force me to go back home!’

Alan
Flying with medicines

Most non-medicinal liquids in your hand luggage are restricted to a maximum of 100ml. However, liquid medicines and liquid diets that are needed during the flight can be taken on a plane without restriction. You can bring more than 100ml of a liquid medicine, but you will need to check this with your airline and the airport you are leaving from before you travel. You will also need to bring a supporting document from your doctor or another relevant medical professional. This could be a letter or a signed prescription.

Find more information about carrying liquids in your hand luggage at [gov.uk/hand-luggage-restrictions](http://gov.uk/hand-luggage-restrictions)

If you need to keep medicines cool

The shelf life of some medicines can be reduced if they are not kept at the correct temperature. Ask your pharmacist for advice.

If you are travelling with medicines that need to be kept cool, you can get small cool bags from your chemist for the journey. If you use cool packs, be careful that medicines do not freeze, as this may affect them. It will help to check with your hotel whether there will be a fridge in your room. If not, ask them if there is somewhere secure where your medicines can be stored and kept cool but not frozen.

You may find it helpful to travel with a simple fridge thermometer to confirm storage temperatures.
Taking your medicines at the right time

If you are travelling across international time zones, this is likely to affect the time you take your regular medicines. If the time difference is only a couple of hours, you may want to continue taking the medicines at the same times you have been (UK time).

If there is a difference of several hours from UK time, you may end up taking your medicines at inconvenient times of the day or night. It may be easier to gradually change the times you take your regular medicines to fit in with the local time. Your doctor or pharmacist can help you plan how to change the times you take your medicines.
Oxygen

Oxygen for travel in the UK is provided by the NHS (England, Scotland and Wales) or the Health Service (Northern Ireland). You just need to let your usual oxygen provider (if you live in England or Wales) or your GP (if you live in Scotland or Northern Ireland) know the details of your holiday. You will need to tell them the dates you are going and returning and where you will be staying. They will arrange everything for you.

If you think you will need oxygen during a flight, you will need to contact the airline well before your journey to check their policy on taking oxygen while you are on the plane. There may be a cost for this.

If you need oxygen for use throughout your holiday, you will need to make arrangements for the oxygen to be provided before you travel. Oxygen suppliers in the UK will only provide oxygen for travel and stays within the UK. They may have details of overseas oxygen providers that you can contact.

If you are going on holiday in Europe, oxygen can be arranged through the European Health Insurance Card (EHIC) scheme (see pages 83 to 85). You will need to have a valid EHIC and you will have to use the authorised oxygen company for the country you are travelling to.

If you are travelling outside of Europe, you will need to contact an oxygen company that supplies the country you will be visiting. To find an oxygen provider, you could contact the British consulate in the country you are travelling to or search the internet.

Visit the travel section of the British Lung Foundation website for more information – blf.org.uk/travel
TAKING CARE WHILE YOU ARE AWAY

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Eating and drinking

Wherever you are in the world, be careful about what you eat and drink. Many infectious diseases are spread by contaminated food and water. This includes water in swimming pools, lakes, rivers and the sea. Try not to swallow water when you are swimming.

If you are still at risk of infection (see pages 11 to 12), you will need to be very careful about what you eat and drink. Make sure you always follow any advice your cancer team has given you.
Tips for avoiding stomach problems

• If you are not sure that the drinking water is clean, you should sterilise it. You can do this by boiling it for one minute, or by using a filtering system or sterilisation tablets. At high altitudes, you may need to boil water for longer than usual to sterilise it properly.

• Use bottled water if you are not sure that the water is clean.

• Make sure that seals on bottles of water are not broken before opening.

• Avoid ice, unless you are sure it is made from safe water.

• Only eat freshly cooked food that has been cooked thoroughly and is still hot.

• Avoid uncooked food, unless you can peel it or remove the shell yourself.

• Avoid food that may have been exposed to flies, such as hotel buffets that may have been left out for some time, or food from street traders.

• Avoid ice cream from unreliable sources, such as kiosks.

• Avoid or boil unpasteurised milk.

• Be careful when eating shellfish, as it may contain harmful bacteria. Make sure shellfish is cooked thoroughly, or avoid eating it.
Insect bites and animals

Insects

In some countries, many diseases can be spread by insects and ticks. Always use insect repellent, preferably containing at least 50% DEET (diethyl-m-toluamide). This is the main ingredient that makes insect repellent work. Cover your arms and legs with appropriate clothing, especially if you are walking in grassy or wooded areas.

Animals

Animal bites and scratches can lead to dangerous infections. It is important to be careful, even with animals that seem harmless. Animals in many regions, including most of Europe and North America, can carry rabies.

If you are scratched or bitten, you should follow these steps:

1. Clean the wound carefully with soap and water.
2. Apply an antiseptic if you can.
3. See a doctor immediately.
Taking care in the sun

During and after treatment, it is very important to protect your skin from the sun. Some cancer treatments can make your skin more sensitive to damage from the sun. This can be temporary or permanent. How sensitive your skin is to the sun will also depend on the type and dose of your treatment.

If you have had chemotherapy

Some chemotherapy drugs can make your skin more sensitive. This can sometimes last for several years after treatment. If you have had chemotherapy, you can ask your doctor whether you need to take special care to protect your skin.

Some people also find that their skin is sensitive to chemicals such as chlorine, and may need to avoid swimming in pools that have been treated with chlorine.

If you have had radiotherapy

The skin in the area that was treated by radiotherapy will stay sensitive for many years. This means you are at a higher risk of long-term sun damage, including skin cancers. You should take extra care to protect it from the sun.

You do not need to avoid the sun completely. But it is good to start with going out into the sun only for very short periods and to use suncream with a high sun protection factor (at least SPF 30). If this causes no problems, you can gradually increase the time you spend in the sun.
If you have had targeted therapies

Many targeted therapy drugs or biological therapies can make your skin very sensitive to the sun. Your skin may burn more easily than normal. You can still go out in the sun, but you should wear a suncream with a high sun protection factor. Cover up your body as much as possible with clothing and a hat.

Tips for protecting yourself in the sun

Following the advice below will help make sure that your skin does not burn:

• Protect your face and neck with a wide-brimmed hat.
• Wear sunglasses with a guaranteed ultraviolet (UV) light filter.
• Use a suncream with a high sun protection factor (at least SPF 30). Follow the instructions on the bottle and reapply as recommended, particularly after swimming.
• Wear clothing made of cotton or natural fibres. These have a closer weave and offer more protection from the sun.
• Stay out of the sun during the hottest part of the day, usually between 11am and 3pm. Try to sit in the shade, even at other times of the day.
• If you have had radiotherapy, keep the treated area completely covered.
• Use fake tanning lotions or sprays to give yourself a tan, instead of sunbathing or using a sunbed.
• If you have to apply bite or mosquito repellent cream, apply the suncream first, followed by the repellent cream.
## HEALTHCARE ABROAD

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If you become ill

If you become ill while staying in a hotel, ask the receptionist to call a doctor. If you need urgent attention, contact the emergency services or visit the emergency department of the nearest hospital.

If you have time, try to get help and advice from a doctor or nurse who speaks the same language as you. The Foreign and Commonwealth Office may be able to help you with this (see page 119 for contact details).

Contacting relatives

Keep the names and addresses of family and friends with your passport, so that British Consular officials can contact them if you need their help. It is important to keep these details up to date each time you travel.

If you need to return to the UK quickly, you should also contact British Consular officials. They can usually arrange this for you, but you may need to pay a fee.

Visit consular-appointments.service.gov.uk for contact details of British consulates abroad.

Travel insurance

Medical treatment abroad can be very expensive. Travel insurance could cover these costs. Take your insurance policy document and helpline number with you when you travel. We have more information about travel insurance on pages 31 to 50.
Emergency healthcare in European countries

What is an EHIC?

All UK residents can get a free European Health Insurance Card (EHIC). An EHIC entitles you to free or less expensive emergency treatment in some European countries. This includes countries in the European Union (EU) and Iceland, Liechtenstein, Norway and Switzerland.

Although the UK public voted in favour of leaving the EU in 2016, this has not affected the EHIC at the time of writing. You can still apply for the card and use it.

The EHIC has the following benefits:

• It allows you to be treated in the same way as a resident of the country you are visiting. This may not be the same as the care you would expect to get from the NHS (England, Scotland and Wales) or the Health Service (Northern Ireland).

• It can be used if you need ongoing treatment while you are abroad, such as regular injections. Remember the same medicines may not be available in all countries.

• It covers treatments that are needed during your trip for chronic or pre-existing conditions.
The EHIC should allow you to have emergency medical treatment and sometimes some types of ongoing treatment. The EHIC cannot be used instead of travel insurance. It will not cover:

- any private medical costs
- travelling to a country for health treatment
- **medical evacuation** (where you need to be taken to hospital by special transport, usually a helicopter)
- help getting back to the UK.

You should also buy travel insurance.

Some countries expect you to pay your bill when you are treated and then claim a refund with your EHIC. You should try to apply for a refund before you return to the UK.

**Who can get an EHIC?**

You can apply for an EHIC if you are legally living in, and settled in, the UK. This is called being ordinarily resident. If you usually live in the UK, but are not a national of the UK or another country covered by the card, you will need to apply by post. You will need to include proof that you are ordinarily resident in the UK.

More information about the EHIC is available on the NHS website at [nhs.uk/ehic](http://nhs.uk/ehic)
Applying for an EHIC

An EHIC is free and renewals are also free.

You can apply for an EHIC:

• online at [gov.uk/european-health-insurance-card](https://www.gov.uk/european-health-insurance-card)
• by post, using an application form downloaded from the website
• by calling 0300 330 1350.

Only apply for an EHIC in these ways. Avoid websites that charge you to apply for an EHIC or renew one.

Each person travelling needs to carry an EHIC, including children. To get cards for children, you should list them as dependants when you apply for your own card.

For each person who needs a card, you will need to give their:

• name
• date of birth
• National Insurance or NHS number (England and Wales), CHI number (Scotland) or Health and Care Number (Northern Ireland).

Your card will normally arrive within seven days. When it arrives, store it somewhere safe and secure. Keep it with your passport while you are travelling.
Countries with mutual healthcare agreements with the UK

Some countries outside the EU have mutual healthcare agreements with the UK. These countries will provide free or reduced-cost emergency medical treatment to people from the UK. You will be treated in the same way as a resident of that country. This may be different from what you would expect from the NHS or Health Service. Because the agreements do not cover every situation, you will still need to get travel insurance.

To claim free or reduced-cost treatment in these countries, you will need to prove you are a UK resident. This usually involves showing a UK passport.

For an up-to-date list of countries that have a mutual agreement with the UK, visit nhs.uk/healthcareabroad

‘When I was in Australia, a clinic had to take my blood and send it to the hospital. The cost wasn’t too high and the doctors said I could claim it back.’

Alan
Countries with no healthcare agreements with the UK

In countries that are not covered by the EHIC and where there is no mutual agreement with the UK, you will have to pay the full cost of any healthcare. If you are travelling to these countries, it is important to buy travel insurance that covers any healthcare you might need.

The high commission, consulate or embassy of the country you are visiting should be able to give you information on the healthcare services available. The Foreign and Commonwealth Office has details of where you can find these and British embassies when you are abroad (see page 119 for contact details).
Getting a refund on your treatment

You may need to pay for treatment while you are abroad and then claim this money back. The process for getting a refund will vary depending on your situation. You are likely to need the original invoices and documents from your treatment to make a claim.

If you are covered by travel insurance, your insurance provider will explain this process to you.

If you have an EHIC and are travelling in a country where it is valid, you should try to claim any refunds before you return home. There is information about how to do this in different countries on the NHS website. To make a claim on your EHIC once you return to the UK, contact the Overseas Healthcare Team on 019 1218 1999.

The NHS website has information about reclaiming costs in all countries that have mutual health agreements with the UK. Visit nhs.uk/healthcareabroad
Returning home due to an illness or an emergency (repatriation)

The EHIC and some travel insurance policies will not pay to transport you back home in an emergency (repatriation). When getting travel insurance, you should check whether repatriation is included.

Some people affected by cancer have told us about a company called Swiss Assist. It offers a service where it will fly you home in an ambulance jet, if required, for a 14-day, monthly or annual membership fee. It covers Europe and some other countries. Visit [swissassistplus.com](http://swissassistplus.com) for more information.
TRAVELLING WITH A LONG-TERM TREATMENT EFFECT

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If you have lymphoedema

You may worry that your lymphoedema could get worse if you travel. If you are at risk of getting lymphoedema, you may worry that travelling might trigger it. But by planning ahead and preparing, you should be able to manage any problems and enjoy your time away.

It is important to carry on with your usual routine for looking after your affected limb. But there are other things you need to be careful about when travelling.

Before you go

If you have a lymphoedema specialist, talk to them about your travel plans before you go. You may find the following tips useful to help you plan ahead:

• If you need any vaccinations before your holiday (see pages 25 to 27), it is important not to have any injections in the affected limb.

• If you are planning a more active holiday, talk to your lymphoedema specialist before you go. They can advise you on how to plan your trip so you don’t put too much stress on the affected area.

• If you are flying a long distance and have lymphoedema, your specialist may recommend wearing a compression garment. You will need to wear it for a few hours before the flight, during the flight and for a few hours after. Any increased swelling you might notice during the flight should go down afterwards.
• Keeping your affected limb moving when flying is important. Ask your lymphoedema specialist what exercises might help before you go away. When booking your flight, you may want to ask your airline for an aisle seat, so you have more room to move the affected limb.

• Ask your GP or lymphoedema specialist to give you some antibiotics. This is in case you develop cellulitis while you are away. It can be helpful for your lymphoedema specialist to speak with your GP about this.

• Make sure you pack an anti-septic cream. This is in case you get a cut, scratch or bite on the affected limb.

• Pack an insect repellent spray or cream. You need repellent containing at least 50% DEET (diethyl-m-toluamide). DEET is the main ingredient that makes insect repellent work. Your pharmacist or travel health clinic can give you advice on which one might be best.

• If you are taking any prescription drugs with you, make sure you have enough to last and have a letter from your doctor with you.

• Make sure you have travel insurance (see pages 31 to 50).
During your journey

Here are some tips on how you can reduce your risk of getting lymphoedema when you are travelling:

• Avoid sitting in one position during the whole journey.
• When you travel on a plane or train, move around a lot and do gentle stretching exercises.
• During longer car journeys, stop regularly and get out and walk around.
• Wear comfortable, loose-fitting clothes and shoes.
• Wear flight socks that fit well. Your GP or specialist nurse can give you advice if you cannot find a pair that fit.
• Use a suitcase with wheels – this can be easier than carrying a heavy bag.
While you are away

There are things you can do to help with lymphoedema when you are away:

• If you have lymphoedema in your leg, do not walk barefoot on a beach or around a swimming pool. This reduces the risk of cuts and possible infection in your foot.

• Do not get sunburnt as this can increase swelling. If you are in a hot climate, it is important to wear suncream with a high sun protection factor (SPF) of 50.

• Sit in the shade or cover the affected area with a hat, long-sleeved shirt or loose trousers.

• Drink plenty of water.

• Sea salt and chlorine make the skin extra dry. If you go swimming, you should shower afterwards and put moisturiser on. Swimming or even just moving around in water is very good for lymphoedema. You do not need to wear a compression garment while swimming, because the water will create enough pressure.

• Avoid saunas and hot baths. Keep the affected limb as cool as possible.

• Avoid lifting and pulling heavy bags with your affected arm. Ask someone to help.

• If you start to get signs of an infection, let a doctor know straight away. Signs of an infection could include flu-like symptoms, a high temperature, redness, rash or heat in the affected limb, or increased swelling. If you have antibiotics with you, start taking them as soon as possible.
More information

The Lymphoedema Support Network has a more detailed guide on holidays and travel for people with lymphoedema. The Lymphoedema Support Network can also give you a card that explains you have lymphoedema, in case you have an accident or need medical care. See page 121 for contact details.
If you have had your spleen removed

If you have had your spleen removed (splenectomy), you may be more likely to get some types of infection. You will need to take low-dose antibiotics for the rest of your life. Your doctor will discuss this with you.

Before travelling, your doctor should give you a supply of antibiotics and explain when you may need to take them. They may also suggest that you get vaccinated against pneumonia and meningitis.

Malaria

**Malaria** is a disease spread by mosquitos. The symptoms are similar to flu and can include:

- a high temperature
- a headache
- being sick.

Malaria can be especially severe if you have had your spleen removed. If possible, you should avoid travelling to areas where malaria is common.
Malaria is a risk in many tropical and sub-tropical parts of the world. This includes part of sub-Saharan Africa, South America, South Asia and the Pacific region. Talk to your doctor before you arrange to go to these areas. You could also speak to a private travel health service, such as MASTA (see page 119 for contact details).

If you decide to travel to these areas, you should try to avoid infection using the **ABCD** of malaria prevention:

- **A**wareness of risk – Find out how common malaria is where you are travelling. Think carefully about activities that may put you more at risk, such as hiking.

- **B**ite prevention – Use insect repellents, cover your arms and legs with suitable clothing and use mosquito nets if necessary.

- **C**heck whether you need to take **anti-malarial tablets**. If you do, make sure you take the right tablets and the right amount. Anti-malarial tablets do not give you complete protection.

- **D**iagnosis and treatment are important. Get medical help as soon as possible.

You can get more information about vaccinations and travel health from the NHS website at [nhs.uk/planners/vaccinations](http://nhs.uk/planners/vaccinations) or by contacting MASTA.
If you have a stoma

If you have a stoma (opening on your tummy), such as a urostomy, colostomy, or an ileostomy, you will need to think about certain things before you travel. People with an opening in their windpipe to breathe through (tracheostomy) will also have to prepare before going away.

Having a stoma doesn’t have to stop you from travelling, but you may need to plan your trip more carefully.

Getting information

Your stoma nurse can give you advice about issues such as:
• your diet while you are abroad
• activities like swimming
• how high temperatures can affect the glue used to secure the stoma bags.

If you have a urostomy, colostomy, an ileostomy or a tracheostomy, there are specialist organisations that can give you information specific to your condition. See pages 120 to 121 for contact details.
Stoma supplies

Having a stoma should not stop you from travelling, but you may need to plan your trip more carefully. It is important to make sure you have enough stoma supplies with you and that they are spread between all items of your luggage.

It helps to take more than you may need, in case you need to change your appliance more often than usual or you are away for longer than planned. This is especially important if you are going somewhere with a hot climate.

Some stoma suppliers will deliver abroad. It is helpful to check whether your supplier offers this service. You should store stoma bags in a cool place, away from direct sunlight.

Colostomy and ileostomy

If you have had a colostomy or an ileostomy, it is important to be careful about what you eat the day before you travel.

Avoid spicy foods, fizzy drinks, alcohol and foods that cause wind. If you are travelling on a plane, the changes in air pressure may cause increased wind in the stoma bag. It may help to add an extra flatus filter, which helps wind to escape.

Your GP or stoma nurse can give you advice on medicines you can take if you have diarrhoea, for example anti-diarrhoea tablets (such as loperamide) and rehydration powders (such as Dioralyte®). These can be bought in a chemist or prescribed by your GP.

If the diarrhoea is severe or continues for more than 48 hours, it is important to see a doctor.
Insurance and travel certificates

A travel certificate includes details of your condition so you do not have to explain it to travel officials, including airport security staff. The certificate will include your name, address and passport number, and it will be signed by your doctor.

People with ileostomies can get a travel certificate by contacting IA (The Ileostomy and Internal Pouch Support Group) – see page 121 for contact details. You can ask for translated certificates in a variety of languages. The Colostomy Association and Urostomy Association can also provide travel certificates in many different languages (see pages 120 to 121 for contact details). Your stoma care nurse should also be able to give you a travel certificate.

These support organisations can give you advice on travel insurance to make sure you are properly covered for your condition.
If you have bowel or bladder problems

Some people affected by cancer have problems with their bowel or bladder. This may mean you need to pass wee (urine) or poo (stools) urgently or more often. These problems may be temporary or long-term, and can be due to treatment or the cancer itself. If you have bowel or bladder problems, you will need to be close to a toilet and this can affect your travel plans.

Access to toilets

When you are booking any type of travel, try to book an aisle seat that is close to a toilet. This will make it easier for you during the journey. It is also a good idea to have a bag of hand luggage with some supplies.

If you are travelling to an area or country you are not familiar with, it is a good idea to find out more about the toilet facilities there. They may be very different to what you would expect in the UK. Having bowel or bladder problems should not stop you from travelling and enjoying your holiday, but planning ahead will help.

If you are travelling in the UK, many towns and counties keep lists or maps about the public toilets in the area. These are often on local authority (council) websites. To find out what is available, try searching online for ‘public toilets’ and the name of the place you plan to visit.
We can send you a toilet card, which may help you get access to a toilet more quickly when you are out in public. The card explains that you have a medical condition and need urgent access to a toilet. It can be used in places such as shops and pubs. You can order the card online at be.macmillan.org.uk or by calling us on 0808 808 00 00.

You can use disabled toilets too. These often offer more privacy, have a wash basin and more space if you need to change.

**Take supplies with you**

Pack a bag of the things you may need when travelling. This will help you feel more confident.

You may want to include:

- wet wipes or baby wipes
- **barrier cream** (cream used to protect the skin from damage or infection) such as Cavilon® or Sudocrem®
- pads and pants
- a change of clothing
- a sealable bag.

If you have bladder problems, you might find it helpful to take a portable urinal with you.

Talk to your cancer nurse or specialist for advice on travelling and ask whether any medicines, such as anti-diarrhoea tablets, may be helpful for you.
TRAVEL GLOSSARY

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Useful words to know

When you are planning a holiday or getting travel insurance, you may come across lots of new words or terms and not know what they mean. Below we explain some of these words and terms. We have also used **bold** to highlight them in our information.

Remember, you can call the Macmillan Support Line free on **0808 808 00 00** if you need more information or support.

**Annual insurance**

Annual (or multi-trip) insurance covers you for more than one trip in the same year.

**Anti-malarial tablets**

These are tablets used to prevent and treat malaria.

**Baggage allowance**

This is the maximum amount of luggage you can take on an airplane for free. The amount can vary depending on the airline, the class you are travelling in and your destination.

**Barrier cream**

This is a cream used to protect the skin from damage or infection.
**Blue Badge**

In the UK, the Blue Badge scheme generally allows you to park for free in restricted areas if you have severe mobility problems. The Blue Badge is also recognised in some other European countries, but the rules differ between countries.

**Body scanner**

This is a machine that shows whether you have hidden weapons or banned items on your body. These machines are used at some airports, including airports in the UK.

**Cancer-related exclusion**

If a travel insurance policy applies a cancer-related exclusion, this means you would not be covered for any claims related to the cancer.

**Consular**

This is a government official whose job is to live in a foreign country. They protect and help the citizens of their own country who are travelling, living, or doing business there.

**Consulate**

This is the building where a consular lives or works.
Deep vein thrombosis (DVT)

DVT is a blood clot that develops within a deep vein in the body, usually in the leg. Travelling, especially flying, increases the risk of developing a blood clot.

DEET (diethyl-m-toluamide)

This is the main ingredient that makes insect repellent work.

European Health Insurance Card (EHIC)

The EHIC allows you to get free or less expensive emergency health treatment in some European countries. It is not an alternative to travel insurance.

Excess

An excess is the amount you may need to pay towards any claim you make on your travel insurance policy. Depending on your insurance provider and its policies, there may be a single excess charge for any claim you make. Or there might be separate excess charges for each section of the policy when you claim.

Foreign and Commonwealth Office

The Foreign and Commonwealth Office is the government department responsible for protecting and promoting British interests around the world.

Home Office

The Home Office is the government department responsible for immigration and passports, drugs policy, crime, fire and police.
Malaria

Malaria is a disease spread by mosquitoes. It is mainly found in tropical countries, for example in parts of Africa, Asia, and Central and South America.

Medical evacuation

This is when you need to be taken to hospital by special transport, usually a helicopter.

Personal medicines licence

This is a piece of paper that lets you take medicines abroad from the UK. You only need it for certain medicines and if you are going away for three months or more. Your doctor can tell you whether you need a personal medicines licence. They can also help you apply for one.

Pre-existing condition

Pre-existing conditions are medical conditions that existed before an insurance policy was taken out.

Premium

The premium is the amount of money you need to pay for travel insurance.

Repatriation

This is when someone on holiday needs to be brought back to their country in an emergency. This is usually because of a serious illness or accident while abroad. When taking out travel insurance, you should check whether repatriation is included.
Single-trip insurance

Single-trip insurance covers you for one trip abroad.

Sun protection factor (SPF)

This is a measure of how well a suncream will protect the skin from ultraviolet (UV) rays. UV rays can damage the DNA (genetic material) in our skin cells and cause skin cancers, such as melanoma.

Travel certificate

A travel certificate includes details of your condition, so that you do not have to explain it to travel officials, including airport security staff. The certificate will include your name, address and passport number, and will be signed by your doctor.

Travel insurance

Travel insurance gives you financial protection if something goes wrong while you are away.

Vaccinations

Vaccinations protect you against infections. If you are planning to travel abroad, you may need to be vaccinated against some diseases found in other parts of the world.
‘The reason I like travelling is that it’s exciting. I get out there and I’m actually doing something.’

Alan
FURTHER INFORMATION

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About our information

We provide expert, up-to-date information about cancer. And all our information is free for everyone.

Order what you need

You may want to order more leaflets or booklets like this one. Visit be.macmillan.org.uk or call us on 0808 808 00 00.

We have booklets on different cancer types, treatments and side effects. We also have information about work, financial issues, diet, life after cancer and information for carers, family and friends.

All of our information is also available online at macmillan.org.uk/cancerinformation

There you’ll also find videos featuring real-life stories from people affected by cancer, and information from health and social care professionals.

Other formats

We also provide information in different languages and formats, including:

- audiobooks
- Braille
- British Sign Language
- easy read booklets
- eBooks
- large print
- translations.

Find out more at macmillan.org.uk/otherformats

If you’d like us to produce information in a different format for you, email us at cancerinformationteam@macmillan.org.uk or call us on 0808 808 00 00.
Help us improve our information

We know that the people who use our information are the real experts. That’s why we always involve them in our work. If you’ve been affected by cancer, you can help us improve our information.

We give you the chance to comment on a variety of information including booklets, leaflets and fact sheets.

If you’d like to hear more about becoming a reviewer, email reviewing@macmillan.org.uk You can get involved from home whenever you like, and we don’t ask for any special skills – just an interest in our cancer information.
Other ways we can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we’re here to support you. No one should face cancer alone.

Talk to us

If you or someone you know is affected by cancer, talking about how you feel and sharing your concerns can really help.

Macmillan Support Line

Our free, confidential phone line is open Monday to Friday, 9am to 8pm. Our cancer support specialists can:

• help with any medical questions you have about cancer or your treatment
• help you access benefits and give you financial guidance
• be there to listen if you need someone to talk to
• tell you about services that can help you in your area.

Call us on 0808 808 00 00 or email us via our website, macmillan.org.uk/talktous

Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. There, you can speak with someone face to face.

Visit one to get the information you need, or if you’d like a private chat, most centres have a room where you can speak with someone alone and in confidence.

Find your nearest centre at macmillan.org.uk/informationcentres or call us on 0808 808 00 00.
Talk to others

No one knows more about the impact cancer can have on your life than those who have been through it themselves. That’s why we help to bring people together in their communities and online.

Support groups

Whether you are someone living with cancer or a carer, we can help you find support in your local area, so you can speak face to face with people who understand. Find out about support groups in your area by calling us or by visiting macmillan.org.uk/selfhelpandsupport

Online community

Thousands of people use our online community to make friends, blog about their experiences and join groups to meet other people going through the same things. You can access it any time of day or night. Share your experiences, ask questions, or just read through people’s posts at macmillan.org.uk/community

The Macmillan healthcare team

Our nurses, doctors and other health and social care professionals give expert care and support to individuals and their families. Call us or ask your GP, consultant, district nurse or hospital ward sister if there are any Macmillan professionals near you.

‘Everyone is so supportive on the online community, they know exactly what you’re going through. It can be fun too. It’s not all just chats about cancer.’

Mal
Help with money worries

Having cancer can bring extra costs such as hospital parking, travel fares and higher heating bills. If you’ve been affected in this way, we can help.

Financial guidance
Our financial team can give you guidance on mortgages, pensions, insurance, borrowing and savings.

Help accessing benefits
Our benefits advisers can offer advice and information on benefits, tax credits, grants and loans. They can help you work out what financial help you could be entitled to. They can also help you complete your forms and apply for benefits.

Macmillan Grants
Macmillan offers one-off payments to people with cancer. A grant can be for anything from heating bills or extra clothing to a much-needed break.

Call us on 0808 808 00 00 to speak to a financial guide or benefits adviser, or to find out more about Macmillan Grants. We can also tell you about benefits advisers in your area. Visit macmillan.org.uk/financialsupport to find out more about how we can help you with your finances.

Help with work and cancer

Whether you’re an employee, a carer, an employer or are self-employed, we can provide support and information to help you manage cancer at work. Visit macmillan.org.uk/work

Macmillan’s My Organiser app
This free mobile app can help you manage your treatment, from appointment times and contact details, to reminders for when to take your medication. Search ‘My Organiser’ on the Apple App Store or Google Play on your phone.
Other useful organisations

There are lots of other organisations that can give you information or support.

**Travel support**

**Association of British Travel Agents**
- **Website**: www.abta.com
- Provides information about travelling abroad, including tips about accessible travel.

**Family Holiday Association**
- **Phone**: 020 3117 0650
- **Email**: info@familyholidayassociation.org.uk
- **Website**: www.fhaonline.org.uk
- Helps arrange holidays for families who are affected by problems such as an illness or disability. Families must have a low household income and school-aged children.

**Foreign and Commonwealth Office**
- **Phone**: 020 7008 1500
- **Email**: enquiries@fco.gov.uk
- **Website**: www.fco.gov.uk
- The government department responsible for supporting British citizens abroad.

**Home Office Drugs and Firearms Licensing Unit (DFLU)**
- **Phone**: 020 7035 6330
- **Email**: dflu.ie@homeoffice.gsi.gov.uk
- **Website**: www.gov.uk/controlled-drugs-licences-fees-and-returns
- Provides personal export and import licences for people who are travelling with certain medicines for three months or more.

**MASTA Limited**
- **Phone**: 0330 100 4200
- **Email**: enquiries@masta.org
- **Website**: www.masta-travel-health.com
- Offers travel health consultations, anti-malarial tablets and vaccinations through a network of private clinics.
Tourism For All
Tel 0845 124 9971
Email info@tourismforall.org.uk
www.tourismforall.org.uk
Provides information to disabled people and their carers about holidays in the UK and abroad, including how their access needs can be met.

Travel insurance

British Insurance Brokers’ Association (BIBA)
Tel 0370 950 1790
Email enquiries@biba.org.uk
www.biba.org.uk
Can help you find travel insurance brokers that can look for travel insurance on your behalf.

Support with long-term conditions

Bladder and Bowel Community
Tel 01926 357220
Email help@bladderandbowelcommunity.org
www.bladderandbowelfoundation.org
Provides information and advice on bladder and bowel symptoms.

Colostomy Association
Tel 0800 328 4257
Email cass@colostomyassociation.org.uk
www.colostomyassociation.org.uk
Gives support to everyone living with a colostomy. The organisation has a private Facebook group where members can read and post comments and support, including tips on travelling, from other people with stomas.
IA (The Ileostomy and Internal Pouch Support Group)
Tel 0800 018 4724
Email info@iasupport.org
www.iasupport.org
Provides information about travelling for people who have had stoma surgery, including details of companies that offer travel insurance.

Lymphoedema Support Network
Tel 020 7351 4480
Email admin@lsn.org.uk
www.lymphoedema.org
Gives information and support to people with lymphoedema and produces a leaflet called Holidays and travel.

The Urostomy Association
Tel 01889 563 191
Email secretary@urostomyassociation.org.uk
www.urostomyassociation.org.uk
Provides information and support to people who have a urostomy.

Cancer support organisations

Breast Cancer Care
Tel 0808 800 6000
Email info@breastcancercare.org.uk
www.breastcancercare.org.uk
A national organisation that provides information and emotional support.

Cancer Black Care
Tel 020 8961 4151
Email info@cancerblackcare.org.uk
www.cancerblackcare.org.uk
Offers UK-wide information and support for people with cancer, as well as their friends, carers and families, with a focus on those from BME communities.
Cancer Focus
Northern Ireland
Helpline 0800 783 3339
(Mon to Fri, 9am to 1pm)
Email helpline@cancerfocusni.org
www.cancerfocusni.org
Offers a variety of services to people affected by cancer in Northern Ireland, including a free helpline, counselling and links to local support groups.

Cancer Research UK
Helpline 0808 800 4040
(Mon to Fri, 9am to 5pm)
www.cancerresearchuk.org
A UK-wide organisation that has patient information on all types of cancer. Also has a clinical trials database.

Cancer Support Scotland
Tel 0800 652 4531
(Mon to Fri, 9am to 5pm)
Email info@
cancersupportscotland.org
www.cancersupportscotland.org
Runs cancer support groups throughout Scotland. Also offers free complementary therapies and counselling to anyone affected by cancer.

Maggie’s Centres
Tel 0300 123 1801
Email enquiries@maggiescentres.org
www.maggiescentres.org
Has a network of centres in various locations throughout the UK. Provides free information about cancer and financial benefits. Also offers emotional and social support to people with cancer, their family, and friends.

Penny Brohn UK
Helpline 0303 3000 118
(Mon to Fri, 9.30am to 5pm)
Email helpline@pennybrohn.org.uk
www.pennybrohn.org.uk
Offers a combination of physical, emotional and spiritual support across the UK, using complementary therapies and self-help techniques.

Riprap
www.riprap.org.uk
Developed especially for teenagers in the UK who have a parent with cancer. Has an online forum where teenagers going through similar experiences can talk to each other for support.
General health information

Health and Social Care in Northern Ireland
www.hscni.net
Provides information about health and social care services in Northern Ireland.

Healthtalk
Email
info@healthtalkonline.org
www.healthtalk.org
www.youthhealthtalk.org
(site for young people)
Has information about cancer, and videos and audio clips of people’s experiences.

NHS Direct Wales
www.nhsdirect.wales.nhs.uk
NHS health information site for Wales.

NHS Inform
www.nhsinform.co.uk
NHS health information site for Scotland.

NHS Choices
www.nhs.uk
The UK’s biggest health information website. Has service information for England.

You can search for more organisations on our website at macmillan.org.uk/organisations or call us on 0808 808 00 00.
YOUR NOTES AND QUESTIONS
Disclaimer

We make every effort to ensure that the information we provide is accurate and up to date but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication, or third-party information or websites included or referred to in it. Some photos are of models.

Thanks

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Thanks also to the people affected by cancer who reviewed this edition, and those who shared their stories.
Sources

We’ve listed a sample of the sources used in the booklet below. If you’d like further information about the sources we use, please contact us at cancerinformationteam@macmillan.org.uk


Can you do something to help?

We hope this booklet has been useful to you. It’s just one of our many publications that are available free to anyone affected by cancer. They’re produced by our cancer information specialists who, along with our nurses, benefits advisers, campaigners and volunteers, are part of the Macmillan team. When people are facing the toughest fight of their lives, we’re there to support them every step of the way.

We want to make sure no one has to go through cancer alone, so we need more people to help us. When the time is right for you, here are some ways in which you can become a part of our team.

**5 ways you can help someone with cancer**

**Share your cancer experience**
Support people living with cancer by telling your story, online, in the media or face to face.

**Campaign for change**
We need your help to make sure everyone gets the right support. Take an action, big or small, for better cancer care.

**Help someone in your community**
A lift to an appointment. Help with the shopping. Or just a cup of tea and a chat. Could you lend a hand?

**Raise money**
Whatever you like doing you can raise money to help. Take part in one of our events or create your own.

**Give money**
Big or small, every penny helps. To make a one-off donation see over.

Call us to find out more

0300 1000 200
macmillan.org.uk/getinvolved
Please fill in your personal details

Mr/Mrs/Miss/Other ____________________________
Name ______________________________________
Surname ____________________________________
Address _____________________________________
____________________________________________
Postcode ____________________________________
Phone ________________________________________
Email ________________________________________

Please accept my gift of £ ___________________
(Please delete as appropriate)
I enclose a cheque / postal order / Charity Voucher made payable to Macmillan Cancer Support
OR debit my:
Visa / MasterCard / CAF Charity Card / Switch / Maestro
Card number

Valid from

Expiry date

Issue no

Security number

Signature ____________________________
Date / /

Don’t let the taxman keep your money

Do you pay tax? If so, your gift will be worth 25% more to us – at no extra cost to you. All you have to do is tick the box below, and the tax office will give 25p for every pound you give.

☐ I am a UK tax payer and I would like Macmillan Cancer Support to treat all donations I make or have made to Macmillan Cancer Support in the last 4 years as Gift Aid donations, until I notify you otherwise.

I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

I understand Macmillan Cancer Support will reclaim 25p of tax on every £1 that I give.

Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer. If you would prefer us not to use your details in this way please tick this box. ☐

In order to carry out our work we may need to pass your details to agents or partners who act on our behalf.

If you’d rather donate online go to macmillan.org.uk/donate

Please cut out this form and return it in an envelope (no stamp required) to: Supporter Donations, Macmillan Cancer Support, FREEPOST LON15851, 89 Albert Embankment, London SE1 7UQ

#27530
This booklet is about travelling when you have cancer. It is for anyone who is planning a trip abroad. There is also information for carers, family members and friends.

The booklet explains some of the issues you may need to think about before you travel. It also gives tips about getting travel insurance and taking care once you are away.

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on 0808 808 00 00, Monday to Friday, 9am to 8pm, or visit macmillan.org.uk

Would you prefer to speak to us in another language? Interpreters are available. Please tell us in English the language you would like to use. Are you deaf or hard of hearing? Call us using NGT (Text Relay) on 18001 0808 808 00 00, or use the NGT Lite app.

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