

Don't Forget Your Medication



Running out of your high blood pressure medicine or other prescription drugs at home is not as big of a problem as when you're traveling. To avoid running out of vital medications, take these steps.

- Ask your doctor to prescribe enough medication to last the duration of your trip.
- Carry medication with you in a small bag. Don't pack medicine in checked luggage, in case the baggage gets lost or delayed.
- If you take liquid medications, ask the pharmacist to put it in a plastic container instead of a glass bottle to avoid breakage.
- To avoid having your medicine confiscated by Customs agents, keep all medicine in its original container, with contents clearly labeled. Find out from your doctor if the medicine you take (injection supplies, etc.) can go through the X-ray scanners at the airport. Cards identifying you as the user of a medicine may be available from the medicine's manufacturer. If you take an injectable medicine, you may need a note from your doctor when you travel by air.
- Keep your medications away from humidity, direct sunlight, and hot temperatures, which can reduce the potency.
- Insulin-dependent diabetics should check with their doctors about adjusting their dosage schedules to local time when traveling to a different time zone.