

Tips for traveling with fertility medications

It can be difficult enough to manage and administer your fertility medications when you are at home, but what about when you are traveling?

Emergencies happen and, when they do, we will be there to help. The dedicated pharmacists and nurses at Village Fertility Pharmacy will go to great lengths to ensure that you have the necessary medications – even when you are far away from home. They can be reached 24 hours a day, seven days a week, by calling our patient hotline at (877) 334-1610.

In the meantime, we would like to help you prevent any unnecessary stress about your fertility medications when you are away from home.

Here are a few tips from our nursing staff to help alleviate issues that may arise during your trip:

- Anticipate your needs and ask your nurse or physician if you may need additional medication before leaving for vacation
- If you anticipate a long journey and you may need more of your prescription, contact your insurance company to receive authorization for additional medications
- If you plan on being on a plane, call your airline to discuss the appropriate way to travel with syringes and needles
- If allowed, keep your meds in your carry on in the event that your luggage is lost or stolen
- Pack your meds in a Ziploc® bag with your prescription and be sure to package them appropriately so they are not broken or damaged
- If your medication needs to be refrigerated, be sure to package it appropriately
- If your cycle is getting closer to when you may need to use your trigger shot, be sure to bring your HCG with you, just in case
- Don't forget the ancillary supplies you may need, like gauze and alcohol wipes
- Be sure to pack emergency contact information for your pharmacy and clinic (including the nurse on call number and the Web address for our pharmacy so you can view the Fertility Medication Handbook and video injection lessons)
- If you are traveling out of state, please inform our pharmacy so we can be in constant communication in case you need emergency medication

Dispose of used syringes appropriately by either bringing them home in a safe, plastic container to place in your Sharps container or check with a local hospital or sanitation department to determine how to dispose of them while traveling. For tips and information, visit www.safeneedledisposal.org