

# Guidance for Travelling Abroad

## Eligibility to fly

- Seek medical advice to make sure you're fit to fly from your doctor.
- You will need to have medical clearance to fly. You will be asked to provide information about your condition. If the airline has concerns, it will ask you to complete a further form. You may be asked to provide medical proof - so it is always best to have a note from your doctor confirming your eligibility to fly.

### After Surgery:

The NHS states that you would normally have to wait to fly for around three months after brain tumour surgery. This is because of changes in air pressure affecting any remaining swelling in your brain and reduced oxygen levels inside the cabin. After this period it should be safe to fly, but make sure to check with your consultant first.

They also suggest to avoid travel for 6 weeks after a craniotomy and 4 weeks after a brain biopsy.



### Useful Links:

CAA - getting medical clearance to fly

<https://www.caa.co.uk/passengers/prm/getting-medical-clearance-to-fly/>

Checking if you're fit to fly

<https://www.caa.co.uk/passengers/before-you-fly/am-i-fit-to-fly/health-information-for-passengers/>

## Travel Insurance

- It is important to get travel insurance as soon as you book your holiday before going away so you can get compensation for anything that goes wrong while you are on holiday.
- If you have, or have had a brain tumour, travel insurance is often quite costly. This is because insurers look at the likelihood of an individual having to make a claim while they're away. This means they weigh up the possibility of you having to cancel your trip due to ill health or having to seek medical assistance.



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- In some cases, insurance companies will only give you insurance if you have certificate from your doctor stating that you are fit to travel. This is especially common for those with malignant or cancerous tumours.
- If you have a high-grade tumour and have received treatment in the last 12 months before your trip, some companies will only insure you for treatments or emergencies unrelated to your tumour. This means that if you need treatment abroad as a result of your tumour, you will have to pay for it. Always make sure that your insurance company covers all medical expenses while you are away.
- Usually, insurance is a lot cheaper for countries in Europe. In some countries such as the USA, you may not be able to get insurance if your tumour is incurable.

The Brain Tumour Charity have put together an extensive list of insurance companies that have been recommended by service users and their friends and family:

Insurancewith	02038 296 761
Columbus Direct	0800 0680 060
Flexicover	0800 093 9495
MIA	01268 783 383
All Clear	01708 339295
World First	0845 908 0161
Co-op Travel	0330 400 1626
Free Spirit Travel Insurance	02392 419 070
Able2travel	0845 839 9345
Orbis Travel Insurance	01424 215315
Freedom	01223 446 914
Staysure Travel Insurance	0844 692 8444
Manor Insurance	01424 718790
Towergate Travel Insurance	0330 123 2249
JD Travel Insurance	0344 247 4749
Insure Cancer	01252 780 190



#### Useful Links:

The Brain Tumour Charity - Travel Insurance FAQ's

[https://assets.thebraintumourcharity.org/live/media/filer\\_public/6c/e4/6ce47ea5-aea8-4935-b10a-93d57dec0003/travel\\_insurance\\_with\\_a\\_brain\\_tumour.pdf](https://assets.thebraintumourcharity.org/live/media/filer_public/6c/e4/6ce47ea5-aea8-4935-b10a-93d57dec0003/travel_insurance_with_a_brain_tumour.pdf)

## Medication

- Airlines will want to see a medical certificate if you are taking large quantities of medication. You must have a medical certificate if you are taking more than 100ml of liquid or gel medication through security.
- Many countries do not allow certain medications, so make sure to check with the embassy or high commission of the country before planning your trip. Airlines may also restrict certain medicines that are banned in some countries so it is best to also check with your airline before flying.

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### Extra Advice:

If medication is not required throughout the flight, you can put it in your hold luggage. If medication is required throughout the flight make sure you have enough stored in your hand luggage as well as extra in case your hold luggage is delayed. Contact your airline and make sure they do not have any additional requirements. If your medicine contains a controlled drug you may have to prove this is prescribed to you. Therefore, it is advised to take a copy of your repeat prescription or a letter from your GP. Make sure medication is stored in original packaging and has the pharmacy label still attached – to prove the medication is genuine.

#### Useful links:

CAA – Travelling with mobility and medical equipment

<https://www.caa.co.uk/passengers/prm/travelling-with-mobility-and-medical-equipment/>

Government Website

<https://www.gov.uk/hand-luggage-restrictions/essential-medicines-and-medical-equipment>

## Special Assistance

You may require special assistance when you arrive at the airport or during your flight.

This can include:

- Moving through the departure airport
- Boarding the aircraft
- Assistance during the flight
- Getting off the aircraft
- Transferring between flights
- Moving through the destination airport.

Special assistance is free in the UK and EU and available to those with:

- Mobility issues – such as wheelchair users
- Physical disabilities – such as blindness or deafness
- Difficulty with social interaction or communication
- Hidden disabilities – such as fatigue or inability to walk long distances.



Special assistance can be requested when booking your holiday. Alternatively, you can manage your booking online or contact the airline directly to arrange assistance. Special assistance must be requested at least 48 hours before your flight.

You have a right to this special assistance when flying in and out of the UK and EU. However, in other countries this assistance isn't always available, or requires a fee. If you need special assistance make sure to check that this is available in the country you are flying to.

#### Useful links:

CAA – Arranging Special Assistance

<https://www.caa.co.uk/passengers/prm/arranging-special-assistance/>

Accessing Special Assistance at the Airport

<https://www.caa.co.uk/passengers/prm/accessing-special-assistance-at-the-airport/>

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