



Traveling with Parenteral Nutrition

Traveling with PN is a journey you can own - preparation and confidence makes it effortless. Plan ahead, lean on support, and enjoy every moment knowing you're safe and nourished. Use this checklist to stay organized and empowered.

Destination: _____ Dates of Travel: _____ Mode of Travel: _____

Patient Experience Coordinator Contact: _____

Pharmacy Contact: _____

Emergency Contact Info: _____

Medical Information

Prescribing MD & Contact Info: _____

Diagnosis: _____ Type of Implanted Devices: _____

Medications Traveling With (including infusion pumps): _____

Partner With Your Medical Team

- Share travel plans and confirm readiness for trip _____
- Ask if room-temp pre-mixed PN is an option _____
- Schedule labs/nursing visits while away _____
- Request a medical letter listing diagnosis, medications, supplies, and refrigeration needs _____

Infusion Team Coordination

- Notify team two weeks in advance _____
- Decide whether to carry or ship supplies _____
- Confirm insurance coverage for your destination _____
- Review delivery schedules and location requirements _____
- Ask for travel tips and resources from your Patient Experience Coordinator _____



Scan for TSA Cares Assistance:



Airport Success Starts Here

- Contact TSA Cares for assistance 1-855-787-2227
- Review TSA rules at tsa.gov/travel
- Use the TSA Disability Notification Card if helpful
- Notify your airline about medical equipment
- Pack at least 2 days of PN and supplies in your carry-on
- Label all items 'Medical Equipment'
- Ensure ice packs are completely frozen before screening

Overnight Stays

- Bring a cooler and thermometer (PN must stay between 36 and 46 degrees F)
- Confirm refrigerator space or request a medical-need fridge
- Notify lodging about shipments needing refrigeration
- Confirm accessibility needs (ground floor or elevator)

Emergency Readiness

- Review medical insurance coverage for your destination
- Consider travel insurance with pre-existing condition coverage
- Consider emergency evacuation insurance
- Double-check accessibility accommodations

Safe Travels!