

TRAVELLING

With chronic inflammatory disease



:medac

Table of contents

Introduction	5
Planning your holidays – things to consider	6
Travelling with metoject®/metex® and storing it	8
Your first-aid kit	9
Sun and sun sensitivity	10
Vaccination – get medical advice	10
Hygiene tips for an infection-free holiday	12
Travel checklist/What is important	13
Medical certificate for metoject®/metex®	15



Dear patient,

Holidays are most people's favourite time of the year. Having a chronic inflammatory disease such as rheumatoid arthritis, psoriasis or Crohn's disease is no reason to feel any different. On the contrary: taking a break from your daily routine is important and can help your well-being tremendously. Use the time off to take long walks, treat yourself with a spa visit or enjoy the food in your favorite country. When planning for and going on your holidays, you should take a few things into consideration, however. This may apply to your choice of your holiday destination, the means of transport as well as any relevant vaccinations or how to transport your medication.

This brochure will give you tips to help with your travel preparations and tell you what you need to know when you are traveling with metoject®/metex®.

If you are not sure whether a destination is suitable, please ask your doctor for advice.

We wish you a pleasant and relaxing holiday!

Your medac autoimmune team

Planning your holidays – things to consider

Regardless of where you are going, you should make sure that your health insurance covers any treatment that may become necessary. Knowing that you will be able to get help in case of emergency will provide you with a sense of security and you will be able to start your holiday without a worry.

In addition, you may want to consider taking out travel health insurance and trip cancellation insurance, as these also cover chronic diseases. Ideally, you will not travel by yourself. Going as part of a group or travelling with another person means that there will always be someone to help you if needed or call a doctor in case of emergencies.

Tips for patients with rheumatoid arthritis and for parents of JIA patients

You should take the climate into consideration when choosing your holiday destination. Most arthritis patients find that in wet-cold air their symptoms are likely to get worse. Yet the warm and dry Mediterranean climate has a positive impact on their health. To avoid extreme heat, spring and

autumn are particularly suitable times to travel to the Mediterranean Sea. The Mediterranean diet, too might have a positive effect on your condition: Light, fresh and easily digestible with plenty of vegetables and fish, high in fibres and healthy fats.

In terms of transport, you should make sure that you have sufficient room to manoeuvre.

Tips for patients with psoriasis

There are no real restrictions in terms of your choice of travel destination but you should try and avoid places with extreme temperatures. Sunshine and saltwater can have a very positive impact on your skin. Many psoriasis patients have done well with this combination on their holidays.

For people with psoriasis, it is no problem to swim in chlorinated water. As the water may dry out your skin make sure to apply suitable skincare products after your swim.

Bathing in seawater has been shown to have a positive impact on skin appearance.

Tips for patients with Crohn's disease

With a disease like Crohn's the hygienic standards of your chosen travel destination are important. Areas with a low hygienic standard present a higher risk. Regions with low standards of hygiene may pose a greater risk. Please make sure to take sufficient water with you when travelling or if you are out and about for a longer period of time. This is always good advice but especially important in case of diarrhoea.

Travelling with metoject®/metex® and storing it

You should continue using your metoject®/metex® pre-filled syringe or PEN as usual during your holidays. You can find the most important information for handling your metoject®/metex® medication below:

- Please carry metoject®/metex® in the unopened original cartons in your hand luggage. This is important to avoid difficulties if your luggage gets lost or delayed and it allows you to control the storage at a temperature below 25 °C. Should the temperature rise above 25°C in the aircraft cabin, please ask a stewardess to put the medication in a fridge on board.
- If you plan on travelling to warmer climates, please consider carrying a small cool bag for the transport from the airport to your accommodation.

- Please be careful not to leave metoject®/metex® in the car, as temperatures rise quickly, especially in summer. To be on the safe side, the medication can be stored in a fridge (freezing should be avoided). Make sure to let it warm up to room temperature before injection.
- Please consider taking additional metoject®/metex® with you in case your trip lasts longer than anticipated.

Should you require any document to attest that you need metoject®/metex® for your therapy when entering a foreign country, please find a certificate in English, Spanish, French, German and Turkish at the back and also available for download on www.metoject.com. Most countries should accept a duly completed form.

Your first-aid kit

Even if the contents of your first-aid travel kit should be tailored to your destination, there are a few general items that may come in handy when going on holiday. Besides the medications you take at home a good first-aid kit should also include products to help with:

- Traveling sickness
- Stomach ache, constipation, diarrhea
- Coughing, runny nose, sore throat
- Insect bites, sun burn
- Spraining, bruises
- Headaches and toothaches
- Disinfectant and plasters for minor cuts
- Contraceptives
- Thermometer

Are you traveling to an exotic country, or do you have any further question concerning your first-aid kit? Ask your doctor or pharmacist which medications would be a sensible addition.



Sun and sun sensitivity

The skin's sensitivity to sunshine is often increased when taking medicines. Methotrexate (MTX) may cause an increased photosensitivity (light sensitivity) at times. Avoid excessive exposure to sun and do not use any sunbeds. Sun can have a positive effect on psoriatic skin. As a psoriasis patient you should take care to use sun screen and protective measures (e.g. stay in shadow) to avoid sun burns that would irritate the skin.

In general you should avoid exposing your skin to the midday sun. When planning outdoor activities, try to avoid the hours with the most intensive solar radiation between 11 am and 3 pm. Make sure to apply sufficient sun screen with high protection factor approximately 30 minutes before exposing your skin to the sun. Ideally, use a sun screen that is effective against the UVA and UVB radiation. The best possible protection is achieved if you re-apply sun screen after swimming, sport and having sweated heavily. You can also protect your skin by wearing suitable clothing.

Vaccination – get medical advice

Vaccinations are frequently necessary when travelling to far-away countries. If you need a vaccination and are under methotrexate therapy, please ask your doctor about potential risks.

In general, vaccines differ according to the type of antigens:

- Live vaccines with attenuated agents
- Dead vaccines with inactivated viruses or bacteria, or their isolated antigens
- Toxoid vaccines (weakened toxins)

If you are treated with MTX you must not be vaccinated with live vaccines. It is usually not a problem to receive dead and inactivated vaccines, or toxoid vaccines.

Live vaccines

Yellow fever, measles, mumps, rubella, varicella, rotavirus, typhus (oral application), influenza (nasal application)

Dead vaccines

Inactivated viruses: early summer meningoencephalitis (FSME) or tick-borne encephalitis, Japanese encephalitis virus, Influenza, hepatitis A, poliomyelitis, rabies, Covid-19

Inactivated bacteria: Cholera

Isolated antigens: Haemophilus influenzae B, pertussis, typhus, pneumococcus, meningococcus, hepatitis B, human papilloma virus

Toxoid vaccines

Diphtheriae, tetanus

For an individual consultation please ask your doctor or a travel medicine specialist.

Hygiene hints for an infection-free holiday

When regularly taking immune modulators such as methotrexate medications, your immune defense can be weakened. Pathogens like bacteria, viruses and fungi may potentially cause an infection faster than this would be the case for other people. An infection spoils the pleasure of every trip, but many travel diseases can be avoided. You should thus pay attention to hygiene when traveling.

Many germs are transmitted by hands from one person to another. You can do a lot to prevent infections by washing your hands frequently with water and soap (from a dispenser), and then disinfecting them. You may want to use your elbows to touch door handles.

Some germs can be transmitted by food. In particular when travelling, you might want to:

- „Peel it, cook it, or leave it“: Refrain from unpeeled fruit or raw vegetables, meat that is not cooked through, raw fish (e.g. sushi) or products with raw eggs (e.g. mayonnaise or tiramisu).

- Avoid ice creams, ice cubes, and beverages from self-service dispensers.
- Drink bottled water and if necessary use it also for brushing your teeth.

Time difference - taking medications correctly

Many holidays start with an air travel and frequently with a time shift of several hours in one or the other direction. The time difference can cause difficulties for patients who have to take medications on a regular basis.

If not agreed otherwise with your doctor, take your metoject®/metex® medication at the same day and at the same time as you would do at home. For example, if you always use metoject®/metex® on Friday nights after dinner, please do so in your holidays, keeping to local time.

Please talk to you doctor before taking further medications.

Travel check list/What is important

- All medications for the whole journey
- Travel certificate for metoject®/metex® medications, e.g. for air travel
- Flight ticket, hotel confirmation
- Travel pass, identity document
- If necessary: driver licence, vehicle registration
- Health insurance card
- Credit cards
- Vaccination certificates

Also remember...

- Sun screen with high protection factor
- Sun glasses, glasses/contact lenses

The information provided in this brochure does not replace a qualified consultation with a doctor or pharmacist.

Notes



Medical Certificate

Certificado médico • Attestation médicale • Ärztliche Bescheinigung • Doktor Raporu

Mrs./Mr. • Sra./Sr. • M./Mme/Mlle • Frau/Herr • Bayam/Bay

Born • Fecha de nacimiento • Né(e) • Geboren am • Doum taríhi

Address • Dirección • Adresse • Wohnanschrift • İkametgah adresi

Passport number • Documento de identidad/pasaporte N° • No de la Cíduu passeport • Personalausweis-Nr. • Kimlik/Pasaport No.

We hereby confirm that the aforementioned person suffers from a chronic disease and needs continuous treatment with **metoject® / metex®** (active ingredient: methotrexate). The medication is supplied as a ready-to-use prefilled pen (auto-injector) with an integrated needle and ought to be injected subcutaneously once per week. The content of the glass syringe is not under pressure and therefore bears no risk during flights. The package also contains an alcohol swab. To ensure continuity of medical care it is absolutely essential to transport the prefilled pen with the hand luggage in the cabin of the airplane. Thank you very much for your cooperation.

Mediante este documento, se certifica que la persona arriba mencionada padece de una enfermedad crónica y necesita un tratamiento continuo con el medicamento **metoject® / metex®** (sustancia activa: Metotrexato). El medicamento se suministra como solución, lista para usar, en un lápiz precargado (autoinyector) con aguja integrada, para ser inyectado por vía s.c. una vez a la semana. El envase contiene además algodones impregnados en alcohol. Es absolutamente necesario transportar el medicamento en la zona de la cabina para pasajeros para garantizar el tratamiento. Muchas gracias por su cooperación.

Nous certifions par la présente que la personne désignée ci-dessus est atteinte d'une maladie chronique, qui nécessite un traitement continu avec le médicament **metoject® / metex®** (principe actif: méthotrexate). Le médicament est livré sous forme de solution prête à l'emploi dans un stylo-injecteur (auto-injecteur) avec aiguille intégrée et est prévu pour une injection sous-cutanée hebdomadaire. De plus, l'emballage contient des tampons d'alcool. Afin de garantir l'efficacité de ce médicament, il est absolument nécessaire de l'emporter dans les bagages à main en avion. Nous vous remercions de votre coopération.

Hiermit wird bestätigt, dass die o.g. Person an einer chronischen Erkrankung leidet und einer kontinuierlichen Behandlung mit dem Medikament **metoject® / metex®** bedarf (Wirkstoff: Methotrexat). Das Medikament wird als gebrauchsfertige Lösung in einem Fertipen (Autoinjektor) mit einer integrierten Nadel geliefert und ist für eine wöchentliche subkutane Injektion vorgesehen. Zusätzlich enthält die Verpackung einen Alkoholtupfer. Um die medizinische Versorgung sicherzustellen, ist die Mitnahme im Kabinenbereich des Flugzeuges unbedingt erforderlich. Vielen Dank für Ihre Mithilfe.

İşbu vesile ile yukarıda adı geçen şahsın kronik bir rahatsızlığı bulunduğunu ve tedavisi için sürekli olarak **metoject® / metex®** isimli ilacı (etkin madde: metotreksat) kullanması gerektiğini tasdikleriz. İlaç entegre iğneli hazır bir kalem (oto enjektör) içerisinde kullanıma hazır sülsüyon şeklinde teslim edilmekte olup haftada bir kere subkütan enjekte edilmesi öngörülmektedir. Ambalaj ayrıca alkollü mendil de içermektedir. Tıbbi tedavinin sürekliliğini garanti etmek açısından bunların seyahat sırasında mutlaka uçak kabininde el bagajında muhafaza edilmesi gerekmektedir. Yardıminız için teşekkür ederiz.

*Doctor's stamp • Sello del médico • Cochet médical •
Arztstempel • Doktorun kağıdı*

Further Questions?

Do not hesitate to contact medac GmbH or your healthcare professional

You can also get more information on our website www.metoject.com