



# Ask The Pharmacist

## Medication Safety Tips For Travelers

by Lisa Chavis, RPh

(NAPSA)—The key to healthy, fun traveling is to plan ahead. This is particularly true if you're taking medications which, while meant to keep you well, can actually pose health risks due to travel and exposure to sun. Try these tips:

- **Always keep your medications on you:** Medications should always be kept in carry-on luggage to avoid the possibility of them getting lost with checked baggage. Also, the extreme temperatures that they can be exposed to when



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checked may impact some medications' effectiveness.

- **Always keep a list of your medications:** On the list, be sure to include specifics, such as what the doses are and why you take each medication.

- **Ask your doctor about time zone changes:** If you are traveling to a different time zone, remember to consult your doctor about adjusting your medication schedule accordingly.

- **Carry prescriptions in their original containers:** It may cause confusion if they are kept in unlabeled containers or bags.

- **Prepare for weather changes:** Store medication needing refrigeration in an insulated bag with something that will keep it cold.

In addition to traveling, leisure plans often include getting back to nature. Here are some tips to remember when spending time in the great outdoors:

- **Take precautions with sun-sensitive medications:**



**It's important to carry prescription medications with you when traveling.**

Some medications such as benzoyl peroxide and ibuprofen can cause a reaction when skin is exposed to the sun. Medications usually include instructions that will tell you to wear sunscreen or to stay out of the sun altogether.

- **Treating poison ivy and other rashes:** Calamine lotion or hydrocortisone may be helpful in stopping the itch. In severe cases, doctors may suggest taking an oral steroid.

- **Know the symptoms of heat exhaustion:** They include dizziness, sweating, headache and nausea. Stay hydrated, don't engage in strenuous activities during the hottest time of day and wear lightweight clothing. It is especially important for seniors to stay out of intense heat.

For more information, visit [www.medco.com](http://www.medco.com).

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