

## How to travel with opioids

### The basics

You may be concerned about traveling with your opioid pain medication. You might wonder, for example, whether you need to carry some kind of paperwork or if there will be any problems with airport security.

Here's the good news: **You can still feel comfortable about traveling, if you just do a little advance planning.**

#### Basic traveling tips:

- Travel with prescriptions in their original medicine bottles with proper labeling
- Get a letter from your health care provider that says:
  - The name and dosage of your opioid medication
  - Why you're taking this medication
  - That this medication is needed on your trip
- Remember your health insurance card
- Write down the following information and keep it separate from your medication:
  - The name of your health condition
  - The names and dosages of **all of your medications**
  - The names and phone numbers of your doctor and pharmacist
- Carry written prescriptions for non-opioid pain medications, too, in case of an emergency
- If traveling by air, pack your opioid medications in a lockable pouch in your carry-on luggage. Check the TSA website for the latest medication regulations, at [www.tsa.gov](http://www.tsa.gov)
- Talk with your airline in advance about any medications that need refrigeration

### Keep in mind

Carry enough medication to cover your entire trip (and a few days extra) in case any of your flights are delayed or cancelled.



#### Did you know?

If the name on a person's prescription medication label doesn't match that person's airline boarding pass, then he or she might get extra questioning from security officers.

#### Learn More

**Register now** at [www.painaction.com/actionstep](http://www.painaction.com/actionstep)

There, you'll find helpful information about:

- How to get the most from your medical care
- Pain issues
- Treatments
- Tracking your pain