

# Tips to Thrive

## TRAVELING WITH TPN

Traveling while on total parenteral nutrition (TPN) is possible and can be achieved safely—and with your sanity intact—if you remember a few key points.

### MAINTAINING PROPER TPN TEMPERATURE

The ideal temperature for storing TPN is 36–46 degrees Fahrenheit. You can use slow-melt ice packs in an insulated cooler/box to maintain proper temperature during transit. When booking your hotel, verify your room will have a refrigerator. Monitor the temperature of TPN while in transit and at your hotel with an electric thermometer, which can be purchased online for less than \$20.

### TPN STABILITY

Compounded TPN becomes unstable (breaks down) over time. The most recent guidelines only guarantee stability of compounded TPN for nine days. This can be an issue for individuals traveling internationally. For extended travel abroad, a shelf-stable TPN solution can be used. Test this alternative before traveling to be sure of tolerance.

### SUPPLY NEEDS

Always carry at least two days of additional supplies to allow for travel delays.

### NECESSARY DOCUMENTATION

Ask your ThriveRx team to send a travel letter to your ordering doctor for signature 2–3 weeks before traveling. Always carry a summary of your medical information.

### LABS DURING TRAVEL

If your team feels that you need lab monitoring while away, arrange for out-of-town labs. Your insurance company might dictate what labs you can use, and most outpatient labs will not draw from a central line.

### PLANE TRAVEL MADE EASY

TSA Cares, a helpline for travelers with disabilities and medical conditions, can provide information about the screening process. For more information, visit [tsa.gov/travel](https://www.tsa.gov/travel). Airlines also have their own programs to assist passengers with disabilities. Your TPN and supplies can be brought onboard and should be packed separately from personal items, as they are not subject to a baggage fee.

## CONTACT US

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