Travel smart with your medication—know before you go

Traveling today can be overwhelming, given all the travel limitations and restrictions. Many airlines are now charging fees for checked luggage, and there are restrictions on packing liquids in carry-on bags. Below are some simple steps to help make travel easier.

Before you go.

► Refill your prescriptions. Have enough medication to last the entire trip, as well as a few extra days' worth in case of delays or other unforeseen circumstances.

► Obtain a note from your doctor explaining important information about your medication needs or that your prescription includes large volumes, syringes, or other medical devices.

► Consider time zone changes. If you’re traveling to a different time zone, ask your pharmacist about how to adjust your dosing schedule so you can avoid missing doses. If you fill your prescriptions through the Medco Pharmacy®, call the toll-free number on your prescription drug ID card to speak with a Medco Specialist Pharmacist.

► Ensure that the name on your prescription matches the name on your ID and boarding pass.

Packing.

► Place all medications in their original containers, with full prescription labels.

► The limit of 3-oz bottles that fit in one quart-size bag does not apply to medications.

► Medications, doctor’s notes, and prescription information should always be kept in carry-on luggage to avoid the possibility of getting lost with checked baggage. Also, the extreme temperatures to which checked bags are exposed may decrease the effectiveness of some medications.

At the airport.

► Follow all airport security procedures, including declaring liquid prescription medication that exceeds the 3-oz. limit and presenting proper identification and documentation if requested.

► Allow plenty of time for the inspection process.

► Share the physician’s letter, outlining the disease state and why medications and supplies must be carried on board.

Medco Specialist Pharmacists have the time to talk to you on the phone—in private, 24/7—to help you understand and manage your medications. For more information on traveling with medications, call the toll-free number on your prescription drug ID card and ask to speak with a Medco Specialist Pharmacist.

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