



Boston Children's Hospital
Home Parenteral Nutrition Program

617-355-6000

pager #3226

www.bostonchildrens.org/hpn

Ready, Set, Go!

Your Guide to Traveling with Home
Parenteral Nutrition (HPN)



Introduction

It's normal to feel scared and overwhelmed to travel when your child is on Home Parenteral Nutrition (HPN). But we're here to help! This guide offers tips to help you enjoy your trip while keeping your child healthy and happy.

Things to do before your trip

(Discussed in more detail in this guide)

- Talk with your medical team.
- Make an emergency plan.
- Make sure you have enough home infusion supplies, and talk with your home infusion company.
- Contact the place where you'll be staying.
- Contact the [Transportation Security Administration \(TSA\)](#), 855-787-2227 weekdays 9 a.m.–11 p.m.

Important documents to bring on your trip

(You'll find many of these documents in your child's [MyChildren's patient portal account](#))

- Copies of your child's prescriptions, including for HPN
- Doctor's letter explaining your child's medical condition
- List of your child's medical equipment and supplies
- List of your child's medications and allergies

Step 1: Talk with your HPN team in advance of your trip

Begin planning with us 1–2 months before your travel date.

You can talk with us during a regular outpatient visit. Questions we'll go over include:

- Where are you going? Is it within the United States or out of the country?
- How are you getting there?
- How long do you plan on staying?



Step 2: Make an emergency plan

Find the closest children's hospital to where you'll be going

Ask your medical team for recommendations of where to take your child in case you need help.

Gather and print important documents from your child's doctor

These documents include:

- A letter explaining your child's medical condition
- Your child's HPN prescription
- A list of your child's medical equipment and supplies
- A list of your child's medications and allergies

(You'll find many of these documents in your child's [MyChildren's patient portal account](#))

Step 3: Make sure you have enough supplies

Make sure you have enough home infusion supplies, and talk with your home infusion company.

- If you're flying, bring 2 days' worth of HPN supplies on the plane with you. This is in case something gets lost or you have to throw things away.
- If you're going away for more than 1 week, contact your home infusion company. They may be able to deliver supplies directly to your destination.



Step 4: Contact the place where you'll be staying

Check with the place you'll be staying to make sure they have the following:

- Handicap-friendly room
- Refrigerator
- Large garbage can



Step 5: Contact the TSA

If you're flying, contact the Transportation Security Administration (TSA) at least 72 hours before your flight.

- Call 1-855-787-2227 or visit <https://www.tsa.gov/travel/passenger-support> for more information. Let them know you're traveling with a child with medical needs in case you need help.
- Call 72 hours prior to traveling to request assistance of a passenger support specialist at the security checkpoint. If the passenger support specialist is not available, you may ask for a supervising TSA officer at the checkpoint.



Tips for flying with HPN

- Make sure you've packed everything you need for your child—and yourself!
- Make sure your child is feeling OK to travel.
- Give yourself extra time to get to the airport.
- When checking luggage, explain that you are carrying medical supplies. The airline may waive your baggage fees.
- Bring your medical letter to a TSA agent and explain that you are traveling with a child with medical needs. Tell the agent that your medical supplies are fragile and contain large quantities of liquids (>3.4 ounces), and let them know you may be carrying syringes/sharps on board. Tell them that you'd prefer they are not handled in order to avoid germs.



Tips for flying with HPN (continued)

- Board the plane as early as you can, so you can store your supplies in overhead bins. Explain your situation to flight staff.
- Remember, the airplane is in constant contact with people on the ground. Your child is as safe as you are at home. If there are any problems, the flight crew can be in touch with medical providers.
- When the plane lands, it can be helpful to use a wheelchair to leave the airport with all your supplies.
- Once you reach your final destination, organize your supplies like you do at home. Keep everything clean and neat.



Step 6: Relax and enjoy!

