Been There! Mishaps Can Happen on Vacation

With summer in full swing, families are finding ways to get out and enjoy themselves. Many will opt for a change of pace and some fresh scenery in vacation destinations near and far. PH patient Raye Bohn loves to travel, but can attest to some of the challenges that arise when you throw PH into the mix. Put these tips on your planning list and you’ll be summering in style for sure.

1. Have a supply of your medication shipped to your destination — in advance!
“I had ordered my medication a few weeks before we left for Hawaii,” said Raye, who emphasized to her specialty pharmacy representative that “four days of treatment fills a small carry-on suitcase!” Raye provided her with all the information for the hotel she would be staying at in Hawaii, including the name of the security person and phone number.

2. Confirm your arrangements and double-check with the hotel before you leave home to be sure that your medication has arrived and is waiting for you.
“I made the mistake of not checking with the hotel to see if they received my meds ahead of time,” Raye remembers. “So we arrived and I informed the front desk that I should have a huge box of medication that I needed sent to my room. They told me it had not come!”

3. Pack important phone numbers, like those of your doctors and specialty pharmacies, in your carry on in case of emergency.
When Raye’s medication hadn’t turned up by the next morning, she panicked. “I immediately called my specialty pharmacy. I got someone who checked and said it would arrive on Tuesday. I said ‘That is not right. The first half was supposed to be in Hawaii two days ago.’ She put me on hold and came back to say my medicine was in Alaska! — which is where we had gone last year!”

I went to breakfast with some friends and got two calls during the meal. The first was from the security gentleman at the hotel with the name of someone at my specialty pharmacy to call, the second was a Mr. Hussain calling me from California to inform me that my medication would be delivered to me either that night or the next morning. I thanked him for being my ‘knight in shining armor’ and saving me.”

4. Be aware of the limitations you may have.
Even with your medications in place, it’s important to be aware of any limitations you may have and to plan your vacation activities accordingly. “Everything arrived fine and our vacation began,” Raye reports. “One of our side trips was to a crater about 14,000 ft. high! I did not even think about the altitude, but as we approached 7,000 ft. I began to feel ill, so I got off the bus at the ranger station and waited for the bus to return. When it did, I got on and explained to the group that they were better off for having had me stay at the ranger station because they would have brought me down in an ambulance and they would have missed the view and sights!”

5. Have fun!
With some careful planning in advance, your summer vacation will be the getaway of your dreams. Whether you visit the beach or the mountains or your local campsite, be sure to relax and enjoy all that summer has to offer!

By Raye Bohn
PH patient
Thomaston, Conn.

Whether you’re traveling on a cruise, flying around the country or driving to your mom’s in Hoboken, be sure to be prepared and work with your specialty pharmacy in advance to confirm your next drug shipment!

SPECIALTY PHARMACY HELPLINES
Accredo’s Helpline 866-FIGHT-PH
CuraScript Helpline 866-4PH-TEAM
CVS Caremark Helpline 877-242-2738