

# Reizen met hiv / Travelling with hiv (Engelse vertaling)

If you are planning to travel, you should take certain matters into account. This brochure is intended to inform you about this in detail. It discusses a number of points in alphabetical order.

## Entry restrictions

Certain countries have entry restrictions for patients with hiv. For an up-to-date list of these countries we refer to the website of the Dutch hiv Association: [www.hivnet.org](http://www.hivnet.org). Or contact the Netherlands hiv Association at the Information Line Service Point by phone: 020 689 25 77 (Mondays, Tuesdays and Thursdays from 14:00 to 22:00) or by e-mail: [servicepunt@hivnet.org](mailto:servicepunt@hivnet.org). They can tell you more about what to do in case of entry restrictions.

## Letter for customs officials

If you are travelling outside The Netherlands, we advise you to bring a letter for custom officials, stating that you are carrying medication for a chronic illness. When necessary, f.e. when customs ask about your medication, you can handout this letter to them. Your hiv nursing consultant can draw up this letter on behalf of your internist.

## Medical passport

You can ask your own pharmacy to give you a medical passport or a list of the medication that you are taking. Take this document with you on vacation, to show the doctor or pharmacy if anything unexpected happens.

## Medicines and repeat prescriptions

We advise you to always bring more medicines with you when travelling, than you would normally do. Put the medication in your hand luggage, and also be sure to put extra medication in your suitcase. If any luggage is lost or stolen, you will always have your medicines with you. Should you need medication you can call us. We can fax a prescription to the pharmacy. Will you then give us the name of that pharmacy + faxnumber. You will probably have to pay for your medication yourself, but these expenses can later be charged to your health insurer.

## Time difference

If you travel to a faraway country, there will be a time difference. Take this into account when taking your medication. Below we give some examples to show you how to deal with these time differences.

The golden rule in case of a time difference: “It’s not a problem if you take it too early, but it is a problem if you take it too late”.

## Travelling Eastbound from Europe to Azië or from the USA to Europe

### Example A: if you take medication once a day:

The time difference is + 5 hours

In Europe + the USA you take your medication at 6 PM, it will be 11 PM in the USA + Asia.

Day of departure: take your medication at the usual Dutch (local) time. When arrived you take your medication at your usual time 6.00 PM, this implies that **only once** you will take your medication 5 hours earlier; after 19 hours instead of 24 hours.

The following period of your trip you continue taking at your usual time 6.00 PM.

### Example B: if you take medication twice a day:

The time difference is + 5 hours

In Europe + the USA you take your medication at 10 AM and 22 PM, in Azië + Europe it will be 15 PM and 3 AM..

Day of departure: take your medication at the usual Dutch (local) time. While travelling or when just arrived you take your medication at your usual times (which is the local times of your destiny) and this implies that **only once** you will take your medication 5 hours earlier; after 7 hours instead of 12 hours. The following period of your trip you continue taking at your usual time 10.AM and 22 PM.

When you return back home: see instruction travelling Westbound.

## Travelling Westbound

### Example C: if you take your medication once a day:

The time difference is - 5 hours (for instance from Europe to the USA or from Azië to Europe). In the Netherlands you take your medication at 6.00 PM, it will be 1.00 PM in the USA.

Day of departure; take your medication at your usual time. Please note; you should take now **only once** an **extra** dose of your medication 12 hours after you took your last medication, to overcome the time difference and 24 hours. ) At your final destiny you continue taking medication at your usual (local) time of 6.00 PM. You continue this the rest of your trip.

### Example D: if you take your medication twice a day.

The time difference is - 5 hours (for instance from Europe to the USA or from Azië to Europe). If you take your medication in the Netherlands or in Azië at 06.00 AM and at 06.00 PM, it will be 01.00 AM and 1.00 PM in the USA or Europe.

Day of departure; take your medication at your usual time. Please note; you should take now **only once** an **extra** dose of your medication to overcome the time difference and 12 hours interval. (You continue taking your medication at your (final) destiny your usual times 1.00 AM and 1.00 PM.

In certain situations you may choose to keep on taking your medication at the Dutch time. Your consultant will be happy to discuss with you how best to adjust the times for taking your medication.

## **Travel insurance**

It is advisable to take out travel insurance if you plan to travel.

## **Vaccinations**

For travel to certain countries, vaccinations are recommended. The Royal Tropical Centre of Amsterdam UMC, location AMC can give you detailed information about this. They will advise you on which vaccinations you should get, as not all vaccinations are suitable for hiv-infected persons with a low immunity level. To get an appointment for these medical visiting hours for travellers please inform your consultant or Doctor about your travel, they will arrange an appointment at the Royal Tropical Centre.

## **Further information?**

If you have any questions or if anything is unclear, you can always contact your nursing consultant at Amsterdam UMC, location AMC.

## **Questions**

For questions, call the nursing consultant during telephone consultation hours. You can reach them Monday through Friday from 9:00am to 11:00am at number 020 56 62407.

## **In case of acute complaints**

For acute complaints from Monday through Friday from 8:30am to 5:00pm, call number 020-56 69111 and ask for phone 29560.

Outside the hours and in the weekends, please call 020-56 69111 and ask to speak to the attending internist.