



AUSTRIA

BELGIUM

CROATIA

CYPRUS

CZECH REPUBLIC

DENMARK

FINLAND

FRANCE

GERMANY

HUNGARY

ICELAND

IRELAND

ITALY

LUXEMBOURG

NETHERLANDS

NORWAY

PORTUGAL

SLOVAKIA

SLOVENIA

SPAIN

SWEDEN

SWITZERLAND

UNITED KINGDOM

TRAVELLING WITH IBD: TRAVEL INFORMATION FOR PEOPLE WITH CROHN'S DISEASE & ULCERATIVE COLITIS

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INTRODUCTION TO EFCCA and TRAVELLING with IBD

In Year 2006 and in co-operation with the European Federation of Crohn's & Ulcerative Colitis Associations (EFCCA) member national associations we have updated the English Language information we have available to assist people diagnosed with Crohn's disease or Ulcerative Colitis who wish to travel to many of the countries within Europe.

We have decided for the first time to make this English language material available in downloadable PDF files via the EFCCA website where there are separate files for most of the EFCCA member association countries. Among the information you will find some useful local language expressions and phrases and to assist an outline schematic of the human body and intestine. A contents list can be found later in this introduction.

Alternatively you may prefer to apply to your home country's national Crohns and colitis patient association who may also have further information available in the local language. The organisations contact details can also be found on the EFCCA website at: www.efcca.org There you will also find other background information about EFCCA.

You will see that we will use the term "IBD" (Inflammatory Bowel Disease) to refer to both Crohn's disease and Ulcerative colitis.

The European Federation of Crohn's & Ulcerative Colitis Associations prime objective is to improve the well-being of people of all ages diagnosed with IBD and to work with and on behalf of the member associations at the European level and beyond, through the links it has established with other sister associations around the world.

Some people with IBD - and perhaps, their partners and friends travelling with them - may be worried about going abroad. In the following files you will find the answers to many questions, which you may have about travelling with IBD. EFCCA hopes that you will have the confidence to travel as it can be important for people with a chronic condition to be able to distance themselves from their illness from time to time and a holiday can often help.

European Health Insurance Card formerly E 111: Within the various national association information pages in this document you will see reference to the **Form E III**, however a new **European Health Insurance Card** is being progressively introduced across Europe as the successor to the EIII and more information can be found about the EHIC on the EFCCA website or from the health or sanitary services of national governments.

Travel Insurance: You should also ensure that when arranging **travel insurance** this should be adequate and be written to cover your IBD related problems. Increasingly many Insurance policies exclude cover arising from pre-existing illnesses and will probably refuse claims. So make sure that your travel policy offers full cover. You may also have to confirm that you are not travelling against your doctor's advice.

Your medication and other necessary items: Do be sure to **take sufficient medication and IBD related necessities** when you travel. It is important too **consider whether you require vaccination** and if so to remind the Doctor about your past and present treatment programmes, especially immunomodulating therapy. More information is given in the country specific sections that follow.

Medical Passport: We suggest that you make use of the Medical Passport which can be obtained from your national Crohn's and colitis patient association or via the EFCCA website at: www.efcca.org where it can be found in a downloadable format.

Security Checks: You may have to undergo security checks i.e. at airports, railway stations, on boarding ships, entering buildings of public interest and during spot checks. On demand be ready to show your pill - boxes and other medicines, also any medical appliances. On body searches stoma bags and added sanitary protection may be felt. Therefore it may be also helpful to show a letter (of explanation) from your Doctor also the completed "Medical Passport" – see Note iii – especially if you are asked to enter a separate room for an examination by the security staff. Be aware of your rights to ask for a qualified person to be available in case of need

Finally please note that the Travel information provided is particularly focussed upon the needs of IBD patients and has been prepared with the help and experience of many patients and member associations. Nevertheless, we may have omitted some detail, which you would find useful, or some of the information may have been overtaken by a new development of which you are aware.

In either case, we would ask you to inform your national association and the EFCCA Secretariat at: secretary@efcca.org and we can then use your comments to continue to update our information.

We would also warn you that while we have been careful as we can with the information contained in the document, it is only intended as a guideline for you on your travels. EFCCA cannot accept any responsibility for your use of it and, in particular, you should not take any drugs or other medication or change any regime without consulting a qualified medical practitioner. We hope, however, that it will be the key to your being able to "get away from it all" and we wish you happy and trouble-free holidays and travel.

**European Federation of
Crohn's and Ulcerative Colitis Associations - EFCCA**
Seat: Heverlee, Leuven, Belgium – Registration No 1096/97
Website: www.efcca.org

Currently available country sub files are:

AUSTRIA, CROATIA, DENMARK, FRANCE, ICELAND, IRELAND, ITALY, THE NETHERLANDS, PORTUGAL, SLOVENIA, SPAIN

Other European area information: [Crete \(Greece\)](#)

Please note that Travelling with IBD - Crohns and Colitis - information is **not yet available on this website for the following EFCCA member associations in: Belgium, Cyprus, Czech Republic, Finland, Germany, Hungary, Luxembourg, Norway, Slovakia, Sweden, Switzerland or the United Kingdom**, or for a number of other countries within the European Union.

Within the Travelling with IBD (ENGLISH LANGUAGE) PDF file you will find a document for each of the countries listed earlier. Each contains the following sections:

- Country Introduction
- Before you come
- When you are there
- Eating and drinking
- Treatment of mild diarrhoea
- Seeking medical assistance
- Public and Private Services
- What about your drugs
- Returning early through illness
- Schematic drawing of the human intestine
- Schematic drawing of human body
- National Crohn's and colitis patient association contact points including young people

IN THIS DOCUMENT YOU WILL FIND TRAVELLING WITH IBD PORTUGAL



TRAVELLING WITH IBD PORTUGAL

INTRODUCTION TO PORTUGAL

A country of contrasts, Portugal embraces the old and the new, Latin culture and European customs, very typical architecture and gastronomy and a wide variety of landscapes which are endowed with particularly characteristic features in the archipelagos of Madeira and the Azores.

Many of the tourists who visit us are here for the sunny beaches and the sophisticated hotel complexes of the Algarve; or they just visit the capital, Lisbon, where History blends in with modern times, well known for its monuments, museums and a varied cultural calendar.

At other locations there lies the least explored corner of Western Europe: from the forests (Costa Verde – Green Coast - and Costa de Prata – Silver Coast) and mountains to the unspoilt beaches of the Alentejan Coast and a sea in constant flux, typical towns and impressive monuments; from the sensations of surfing on a vast coastline to the tranquil beauty of lush golf courses, and from the peace and quiet of the nights lit up by stars on the plains of the Alentejo to the entertainment of the bars and shopping centres of Lisbon.... all this is Portugal!

In mainland Portugal average annual temperatures are 13°C in the north and 18°C in the south. By dint of their location in the Atlantic the islands of Madeira and the Azores are more humid and rainy and thus have a lower temperature bracket. The months of Spring and Summer are usually sunny and temperatures are high during the dry months of July and August with a maximum in the centre of the country between 30°C and 35°C, but generally higher in the Alentejo. Autumn and Winter are typically windy, rainy and cold, particularly in the cities of the north of mainland Portugal where temperatures frequently fall below zero. However, in the Portuguese cities further south temperatures rarely fall below 5°C, generally going no lower than 10°C. It usually only snows in the north of the country, particularly in high, mountainous regions.

BEFORE YOU COME

- ◆ Visit your doctor and ask for his advice on travelling. It is important to **consider whether you require vaccination** and if so to remind the Doctor about your past and present treatment programmes, especially immunomodulating therapy.

- ◆ We suggest that you ask your doctor to make a summary of your medical record in English about your condition, the drugs you are using (their brand and generic names and dosages) and the medical controls you may need during your time away. This should be done on the "Medical Passport" form, which is an insert in this brochure.
- ◆ Arrange to obtain the European Health Insurance Card (EHIC). Please refer to the appropriate office of your national government to obtain the correct documentation or card. Don't forget to bring it with you, along with all your other travel documents as this form enables you to get free medical treatment in Portugal.
- ◆ It is advisable to arrange appropriate travel insurance which will cover your IBD-related problems. Many policies exclude claims arising from pre-existing illnesses, so make sure that the one you choose offers full medical cover, providing you are not travelling against your doctor's advice.
- ◆ Be sure to stock up a sufficient quantity of the drugs you are taking to last for the whole time you will be away, with a few spare in case you lose some. If you do run short for some reason, you will find that nearly all the drugs you need are available in Portugal, though maybe under a different brand name. So take a look at the drugs list.

WHEN YOU ARE THERE

- ◆ Don't do things you wouldn't do at home, like eating and drinking too much and spending more time in night clubs than in your bed. Holidays are very good for IBD patients, but don't abuse your body.
- ◆ Take sufficient rest. This may be difficult in summer because of the heat and the beautiful nights!
- ◆ During Summer, be sure to drink plenty of water in order to avoid dehydration; also avoid exposure to the sun during the four-hour period around solar noon (12.00AM till 3.00PM).
- ◆ The quality of the water is normally fit for drinking but in certain regions of Portugal you may find that the water tastes a little different and could probably harm you as an IBD patient. When in doubt always ask the locals about the water and choose bottled water if they say so!
- ◆ In Portugal we say: "Everything that tastes good is either unhealthy or a sin!". Food in Portugal offers you plenty of options and in some regions the traditional dishes are very rich in fat and condiments...take care: you can try it but in moderation!

EATING AND DRINKING

We recognise that many patients have particular foods that they know will upset them. Our advice is not to take chances just because “you are on holiday”. Here are some tips from the national association for Inflammatory Bowel Disease that may save you a lot of discomfort and worry.

If you’ve never really tried Portuguese food, you don’t know what you’ve been missing...Many of the dishes are worthy fare for a great gourmet!

The gastronomy is very rich and varied. Every area of the country has its typical dishes from **meats; beef, mutton, pork and poultry, the varied smoked sausages to the wide variety of fresh fish, seafood and cod-based dishes.**

As far as **cheeses** go worthy of special mention are those of **Serra da Estrela and Azeitão and of the confectionery the so-called “pastéis de Belém” (Bélem pastries)** are very famous and their recipe is a closely guarded secret, as well as the “**ovos-moles de Aveiro**”, the “**pastéis de Tentúgal**”, the “**sericaia**” (egg sweet) or the “**pão-de-ló de Ovar**” (sponge bread).

Dishes worthy of special mention include “**cozido à portuguesa**” (typical Portuguese stew), “**bacalhau à Braz**” or “**à Gomes de Sá**” (typical cod dishes), cod rissoles, kebabs **Madeiran style, cozido vulcânico dos Açores (Azores “volcanic” stew - S. Miguel), roasted suckling pig in Bairrada style, pork crackling from Aveiro and the Minho, “chanfana da Beira” (a goat and garlic-based dish), “carne de porco à alentejana” (pork cooked Alentejan style with clams), grilled fish (nationwide), tripe (the Oporto region), “pataniscas” (fried codfish – from the Lisbon region) or “gaspacho” (in the Alentejo and the Algarve).**

Portugal is a major winemaking country and its famous **wines** include those from the **Douro river, the Alentejo and the Dão, “vinhos verdes” from the Minho and the fortified Port and Madeira wines. Coffee is usually strong so be careful!**

Generally speaking, the Portuguese take three meals a day. In the morning between 7.30 a.m. and 10 a.m. a light breakfast. The main meals are lunch between 12 mid-day and 2.30 p.m. and dinner between 7.30 p.m. and 10.30 p.m. which are full meals, sometimes including soup, a main dish and a dessert (sweet or fruit). Between these two main meals a snack is often taken half-way through the afternoon (at around 5 p.m.) consisting of a drink and a bun.

There is a wide variety of restaurants in Portugal catering for all tastes and palates. They usually open for lunch between 12 mid-day and 3 p.m. and for dinner between 7 p.m. and 10 p.m. though some have longer opening hours, particularly in the big cities and areas with more nightlife. With the exception of restaurants located in shopping centres which open every day the rest usually have one day off a week which may coincide with the weekend in the city centres.

TREATMENT OF MILD DIARRHOEA

Many people experience “travellers diarrhoea” when abroad and even if you follow the tips provided you may still run into trouble. What you should do depends on the apparent severity of the problem. If you have a mild intestinal problem which, you think, is not associated with IBD (for example diarrhoea without fever and without blood in the stool) take Alkaline lemonade. If after two days the diarrhoea is not better or you continue to feel unwell after a good rest in bed, or if you think the problems are associated with IBD you should seek medical advice- see the following chapter. If in doubt, contact or go to a doctor.

Alkaline lemonade Recipe

1 litre of boiled or mineral water
juice of one large or two small lemons
1 tablespoon of sugar
1 pinch of bicarbonate of soda
1 pinch of salt

Provided that you are well-nourished, take two litres of this lemonade on the first day without eating anything. On the second day add well-boiled rice and carrots. If you are undernourished take the rice and carrots on the first day too. This liquid should not be drunk all at once, but slowly at intervals over the whole day.

When the weather is hot and you have a lot of diarrhoea two litres of liquid a day will not be sufficient and therefore your urine will be dark. In this case also drink 1- 2 litres of mineral water. Again, spread the intake over the whole day trying not to take too much at once as this can cause further diarrhoea.

Alternatively you may prefer to take **Dialoryte** with you on your trip and use it in the same way as alkaline lemonade. The Dialoryte sachets may be available from your doctor or can usually be purchased at the pharmacy. In Portugal though, this product goes under the name of **Dioralyte** or you could ask for **Redrate** which is also available and serves the same purpose.

SEEKING MEDICAL ASSISTANCE

Free number in case of emergency - 112

The national emergency number is 112 and you can use this number at any time of day or night nationwide.

The locals can always help you if need be. However, it is worth knowing that if you do require medical assistance you should go to the nearest Health Centre. The Hospital Emergency Services should only be used in more serious situations.

In the event of accident or illness during your visit to Portugal, citizens of the European Union, Island, Liechtenstein, Norway and Switzerland have access to health care which is either free or reasonably priced (the same benefits as Portuguese citizens) provided that they show their European Health Insurance Card (issued in the country of origin) and their passport or identification document.



📍 Hospitals in Portugal

<p>Hospital Prof. Dr. Fernando Fonseca Estrada IC 19 2720-276 AMADORA ☎214348200</p>	<p>Hospital de Santo António dos Capuchos Al. Sto. António dos Capuchos 1169-050 LISBOA ☎21 351 44 10</p>	<p>Hospital de S. Francisco Xavier Estrada Forte - Alto do Duque 1400-157 LISBOA ☎213000300</p>
<p>Centro Hospitalar do Funchal Av. Luís de Camões,900º-168 Funchal</p>	<p>Hospital de Santa Maria Av. Prof. Egas Moniz 1649-035 LISBOA ☎217805000</p>	<p>Hospital de S. José R. José António Serrano 1150-199 LISBOA ☎218841000</p>
<p>Hospital de Santa Cruz Av. Prof. Reynaldo dos Santos 2790-134 CARNAXIDE ☎214163400</p>	<p>Hospitais da Universidade de Coimbra Av. Dr. Bissaya Barreto 3000-075 COIMBRA ☎239400400</p>	<p>Hospital Pulido Valente Al. das Linhas de Torres, 117 1769-001 LISBOA ☎217548000</p>
<p>Hospital Pediátrico de Coimbra Av. Dr. Bissaya Barreto 3000-076 COIMBRA ☎239480300</p>	<p>Hospital de Egas Moniz R. da Junqueira, 126 1349-019 LISBOA ☎213650048</p>	<p>Centro Hospitalar de Coimbra (Covões) Qta. dos Vales 3041-801 COIMBRA ☎239800100</p>
<p>Hospital Distrital de Faro Rua Leão Penedo, 8000-386 Faro</p>	<p>Hospital Distrital de Portimão Sítio do Poço Seco, 8500-338 Portimão</p>	<p>Hospital de S. Marcos Lg. Carlos Amarante 4700-308 BRAGA ☎253209000</p>
<p>Hospital de Santa Marta R. de Sta. Marta, 50 1169-024 LISBOA ☎213594000</p>	<p>Hospital de S. João Al. Prof. Hernâni Monteiro 4200-319 PORTO ☎225512100</p>	<p>Hospital de D. Estefânia R. Jacinta Marto 1169-045 Lisboa ☎21 312 66 00</p>
<p>Hospital Geral de Santo António Lg. Prof. Abel Salazar 4050-011 PORTO ☎222077500</p>	<p>Hospital de Curry Cabral R. da Beneficência, 8 1069-166 LISBOA ☎21 792 42 02</p>	<p>Centro Hospitalar de Vila Nova de Gaia R. Conceição Fernandes Vilar de Andorinho 4430-502 VILA NOVA DE GAIA ☎22 786 51 00</p>

Always ask for the gastroenterology ward!

WHAT TO DO ABOUT YOUR DRUGS

Before your departure, make sure you have sufficient medication for your stay abroad with you. Distribute your drugs both in your hand luggage and your suitcase.

Look after your drugs according to the instructions supplied with them and bring the original packages with you so the pharmacist can find out the right brand name.

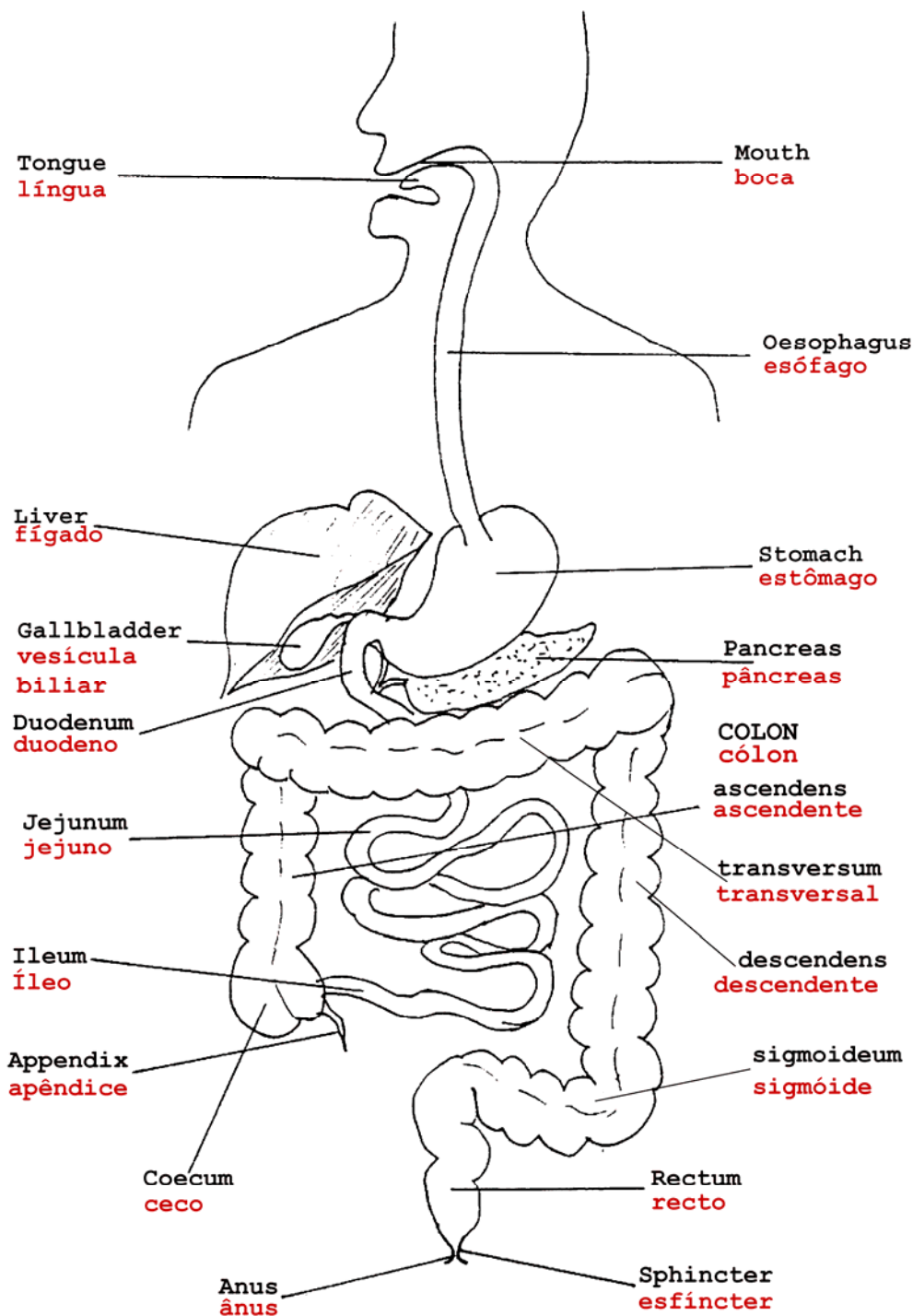
It would also be wise to ensure that your regular medication is

included in the Portuguese list. If it isn't, ask your doctor to advise you which drugs from that list you should use, if necessary.

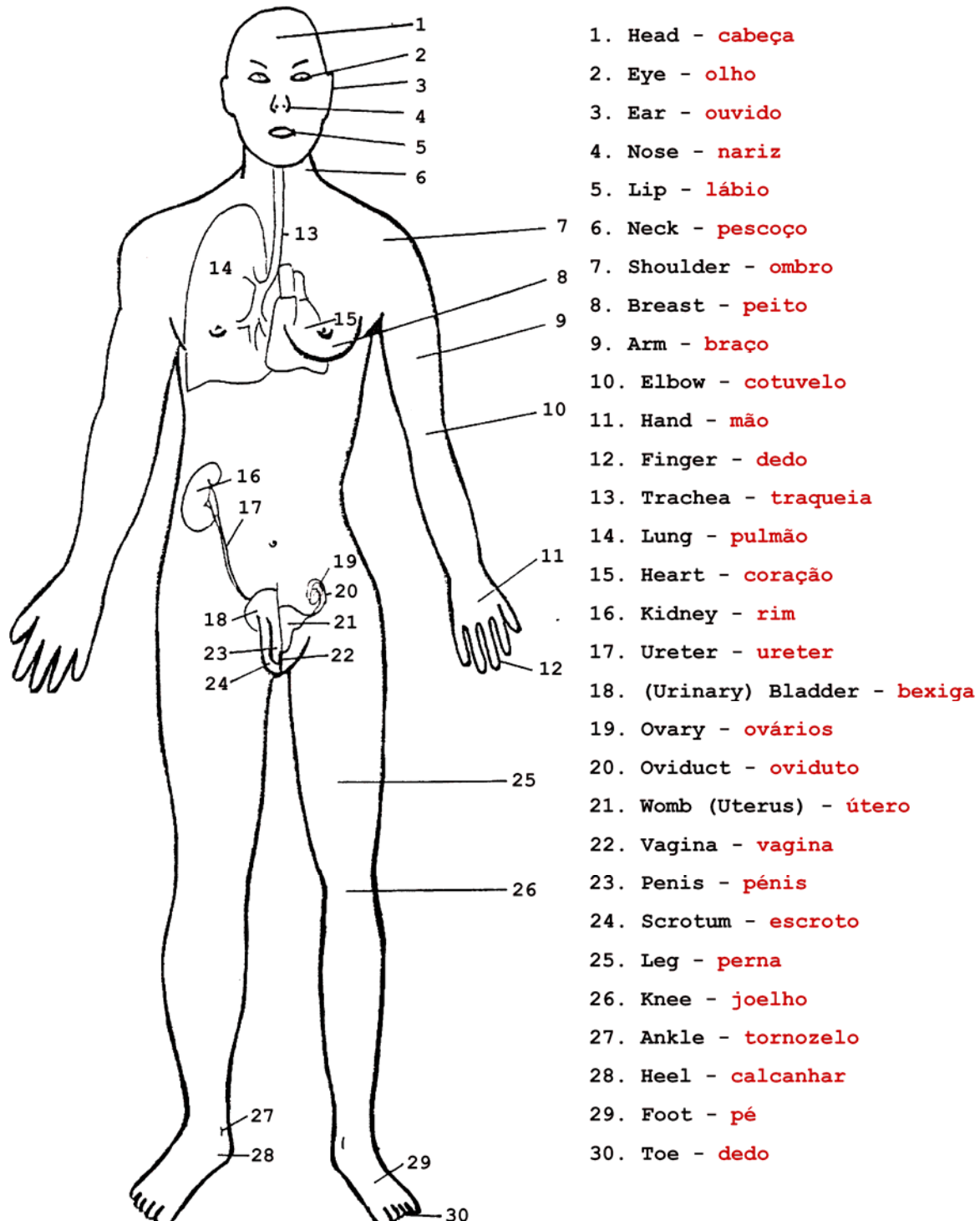
Generally speaking, Pharmacies open to the public every working day between 9 a.m. and 7 p.m. (some close for lunch between 1 p.m. and 3 p.m.) and on Saturdays from 9 a.m. to 1 p.m.

Outside these working hours and days **Duty Pharmacies** are recognisable by a **lit-up green cross** when they are on duty during the night. In addition, all Pharmacies display on their doors the list of the nearest pharmacies on duty at night.

SCHEMATIC DRAWING OF THE HUMAN INTESTINE



SCHEMATIC DRAWING OF THE HUMAN BODY



1. Head - **cabeça**
2. Eye - **olho**
3. Ear - **ouvido**
4. Nose - **nariz**
5. Lip - **lábio**
6. Neck - **pescoço**
7. Shoulder - **ombro**
8. Breast - **peito**
9. Arm - **braço**
10. Elbow - **cotovelo**
11. Hand - **mão**
12. Finger - **dedo**
13. Trachea - **traqueia**
14. Lung - **pulmão**
15. Heart - **coração**
16. Kidney - **rim**
17. Ureter - **ureter**
18. (Urinary) Bladder - **bexiga**
19. Ovary - **ovários**
20. Oviduct - **oviduto**
21. Womb (Uterus) - **útero**
22. Vagina - **vagina**
23. Penis - **pénis**
24. Scrotum - **escroto**
25. Leg - **perna**
26. Knee - **joelho**
27. Ankle - **tornozelo**
28. Heel - **calcanhar**
29. Foot - **pé**
30. Toe - **dedo**

MEDICAL PHRASES

1	I need an interpreter	Preciso de um intérprete
2	I have Crohn's disease	Tenho doença de Crohn
3	I have Ulcerative Colitis	Tenho colite ulcerosa
4	Here is my doctor's certificate	Aqui está o meu certificado médico
5	I feel bad	Sinto-me mal
6	I feel sick	Sinto-me doente
7	I lost weight	Perdi peso
8	I have no appetite	Não tenho apetite
9	I feel (very) weak	Sinto-me (muito) fraco
10	It is a fit of my Crohn's disease	É um problema da minha doença de Crohn
11	It is a fit of my Ulcerative Colitis	É um problema da minha colite ulcerosa
12	I think, my troubles have nothing to do with Crohn's disease/ Ulcerative Colitis	Acho que estes sintomas não têm nada a haver com a minha doença de Crohn/colite ulcerosa
13	I think my troubles are related to my Crohn's disease/ ulcerative Colitis	Acho que estes sintomas estão relacionados com a minha doença de Crohn/colite ulcerosa
14	Where can I find the nearest toilet?	Onde fica a casa de banho mais próxima?
15	Can I use your toilet please?	Posso usar a casa de banho?

Special symptoms

16	Stools	dejecções
17	I have diarrhoea	tenho diarreia
18	Five times a day (ten times, fifteen times)	cinco vezes por dia (dez vezes, quinze vezes)
19	Watery	líquida
20	With blood	com sangue
21	With mucous	com muco
22	I have constipation	estou obstipado

Pain

23	Very painful	muito doloroso
24	I have cramps	tenho cãimbras
25	I have a dull pain	tenho uma dor ligeira e persistente
26	My bowel is distended	tenho o intestino inchado
27	I have a lot of gas	tenho muitos gases
28	Food relieves the pain	a comida alivia a dor
29	Food worsens the pain	a comida agrava a dor
30	My joints ache	tenho dores articulares
31	My stomach aches	Dói-me o estômago

Vomiting

32	I have vomited	Vomitei
33	I have to vomit	Preciso de vomitar
34	The vomit is acid/black/smells badly	o vómito é ácido/preto/cheira mal

Fever

35	I have a fever	tenho febre
36	High/low/intermittent temperature	temperatura alta/baixa/intermitente

Travelling with IBD Portugal

Localisation

37	Right/left side	lado direito/esquerdo
38	Upper side	zona superior
39	My mouth is affected	a minha boca está afectada
40	Gullet/oesophagus	garganta/esófago
41	Stomach	estômago
42	Small bowel	intestino delgado
42.1	Duodenum	duodeno
42.2	Jejunum	jejuno
42.3	Ileum	Íleo
43	Large bowel	Intestino grosso (Cólon)
43.1	Coecum / Appendix	ceco
43.2	Ascendens	ascendente
43.3	Transversum	transversal
43.4	Descendens	descendente
43.5	Sigma	Sigmóide
44	Rectum	recto
45	Anus	ânus
46	I've had an operation (point out the body where your operation was located)	Fiz uma operação
47	I have a stoma	tenho um estoma
48	I need stoma bags	preciso de sacos para o meu estoma
49	I need a pouch bag	preciso de uma bolsa de ostomia

Drugs

50	I need my regular medicine	preciso da minha medicação habitual
51	This medicine helps	este medicamento ajuda
52	This medicine doesn't help	este medicamento não ajuda
53	I am allergic to...	sou alérgico a ...

Associated symptoms

54	Joints	articulações
55	My skin is affected	a minha pele está afectada
56	My eyes are affected	os meus olhos estão afectados
57	I have fistulas	tenho fístulas
58	With pus	com pús
59	I have kidney stones	tenho "pedras nos rins"
60	I have had kidney stones	já tive "pedras nos rins"
61	I have gallbladder stones	tenho "pedras na vesícula"
62	I have a stomach-ulcer	tenho uma úlcera no estômago
63	I have a duodenum-ulcer	tenho uma úlcera no duodeno
64	Stenosis	estenose
65	Fissure	fissura
66	Abcess	abscesso

THE NATIONAL ASSOCIATION

APDI – Portuguese Association for Inflammatory Bowel Disease (Ulcerative Colitis and Crohn’s Disease)

The APDI is a self-help association, in other words patients help other patients.

The APDI was founded by means of a public deed in 1994 and essentially consists of patients and their family members.

The APDI has its registered offices at

**Rua Santa Catarina, 922 - 4º Esq.
4000-446 Porto**

☎ +(351) 22 208 6350 / +(351) 93 208 6350

e-mail: geral@apdi.org.pt

and is open to all those concerned with the welfare of inflammatory bowel disease sufferers.

From **2.30 p.m. to 6.30 p.m. Monday to Friday** there will always be someone to help and clarify those in need and put them on the right track!

Working hours:

Monday – Friday: 2:30 p.m. to 6:30 p.m.

YOUNG PEOPLE’S CORNER

In Portugal there is no specific national association for young people suffering from IBD. However, for hotels and events go to:

www.pousadasjuventude.pt/

www.juventude.gov.pt