



EUROPEAN FEDERATION of CROHN'S
& ULCERATIVE COLITIS ASSOCIATIONS

EFCCA

TRAVELLING WITH IBD

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

Please check the EFCCA website to view currently available travelling with IBD country files.

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

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 SLOVAKIA



TRAVELLING WITH IBD SLOVAKIA

INTRODUCTION TO SLOVAKIA

Slovakia is a small country in middle of Europe. In 1918 after WORLD WAR I was established from Austria-Hungarian monarchy part of Czech and Slovak Republic.

In the time from 1918 till 1938 it was one of the most prosperous democracies in Europe,

But after Munchen treaty already "sold" to Hitler for the European peace. The first Czechoslovakian president Tomas Garrigue Masaryk was one of the famous politicians in Europe in that time. His Minister for the Foreign Affairs was long term the chairman of the Community of Nations in Geneva, what was the predecessor of UNO.

After the changes of 1989 in Europe did the country split to two to Czech Republic and Slovakia.

Slovakia has a very nice country mostly in the mountains. The High and Low Tatra is famous for the winter sports as mostly for skiing. The properties but not the service is very similar to Switzerland. If you want to be in Switzerland and to save money you have to come to Slovakia.

Capital of Slovakia is Bratislava, with 500 000 inhabitants. The second biggest city is Kosice in the East of the country.

The meals and the cuisine are very similar to the Hungarian and Austrian one or a mixture of it.

There are plenty of international restaurants everywhere in the country, the best are not in the International hotels, but in places called "SALAS" where you can get some typical meals from the county and area, as a sheep cheese, their milk or a speciality called "Bryndzove halusky" or "Bryndza" what is a product of sheep cheese.

Everything of this meals are good for IBD, you will never have problems with Lactose.

BEFORE YOU COME

- ◆ Visit your doctor and ask 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 immune-modulating therapy.
- ◆ 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 can be obtained in downloadable format from the EFCCA website at www.efcca.org. Remember also to take your Vaccination Record Card.

- ◆ Go to your local Post office and ask for Form E111. Don't forget to bring it with you, along with all your other travel documents as, with this form, you can get free medical treatment in Spain. The Post office will also give you a general explanatory leaflet about obtaining treatment overseas.
- ◆ It is advisable to arrange adequate 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 sufficient quantity of the drugs you are taking to last for the whole time you will be away, with a few spare if you loose some.

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!

Slovakia is a country where you have not other specific problems as in Spain or Sweden.

EATING AND DRINKING

We recognise that many patients have particular foods that they know upset them and the sensible advice is not to take chances just because "you are on holiday". Here are some tips from the national association for Crohn's disease & Ulcerative Colitis, which may save you a lot of discomfort and worry:

In Slovakia you have especially in Bratislava area a lot of good wine, red or white, which is very comfortable for patients with IBD. Drinking water is without any problem. There are plenty mineral sources and water and thermal baths so anywhere you are you can drink any type of Mineral water with or without gas. There are about 35 Types of Beer Czech and Slovak, every county has his own, but you can have and buy any in the shop or restaurant.

The bases of the traditional food are potatoes, wheat flour, cow and sheep cheese, cabbage, onions and garlic. Pork, beef, chicken and fish are the most popular meats.

Most people in Slovakia eat bread for the breakfast and also quite often with the dinner. The bread differs from region to region, town to town and baker to baker.

Slovak traditional meal is **bryndzove halusky**, small dumplings made of potato dough with sheep cheese and topped with scrambled bacon.

TREATMENT OF MILD DIARRHOEA

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

SEEKING MEDICAL ASSISTANCE

Since 1 May 2004 Slovakia is a member of the EU so with E 111 you can use any medical treatment.

Most of the doctors speak English, young people learn English in the school, the older one more or less German.

The IBD specialists:

Prof.Dr. Juraj Pechan C.Sc.
Nemocnica Sv.Cyrila a Metoda
Antolska 4 84100 Bratislava
Mobil: +421 2 68672040 / English

Mudr.Igor Pav
Nemocnica Sv.Cyrila a Metoda
Antolska 4 841 00 Bratislava
Phone: +421 2 68672801

Slovak Crohn Club members:

Tomas Gertler
Mobil: +421 903 710909 / English, German

Ivana Charvatova
Mobil: +421 915 893256 / English

Jan Hruz
Mobil: +421 907 983426 / English

WHAT TO DO ABOUT YOUR DRUGS

Before your departure be sure if you are provided with sufficient medication for your stay abroad.

It would also be wise to ensure that your regular medication is included in the Spanish list. If not, ask your doctor to advise you which drugs from that list you should use, if necessary.

Distribute your drugs both in your hand luggage and in your suitcase.

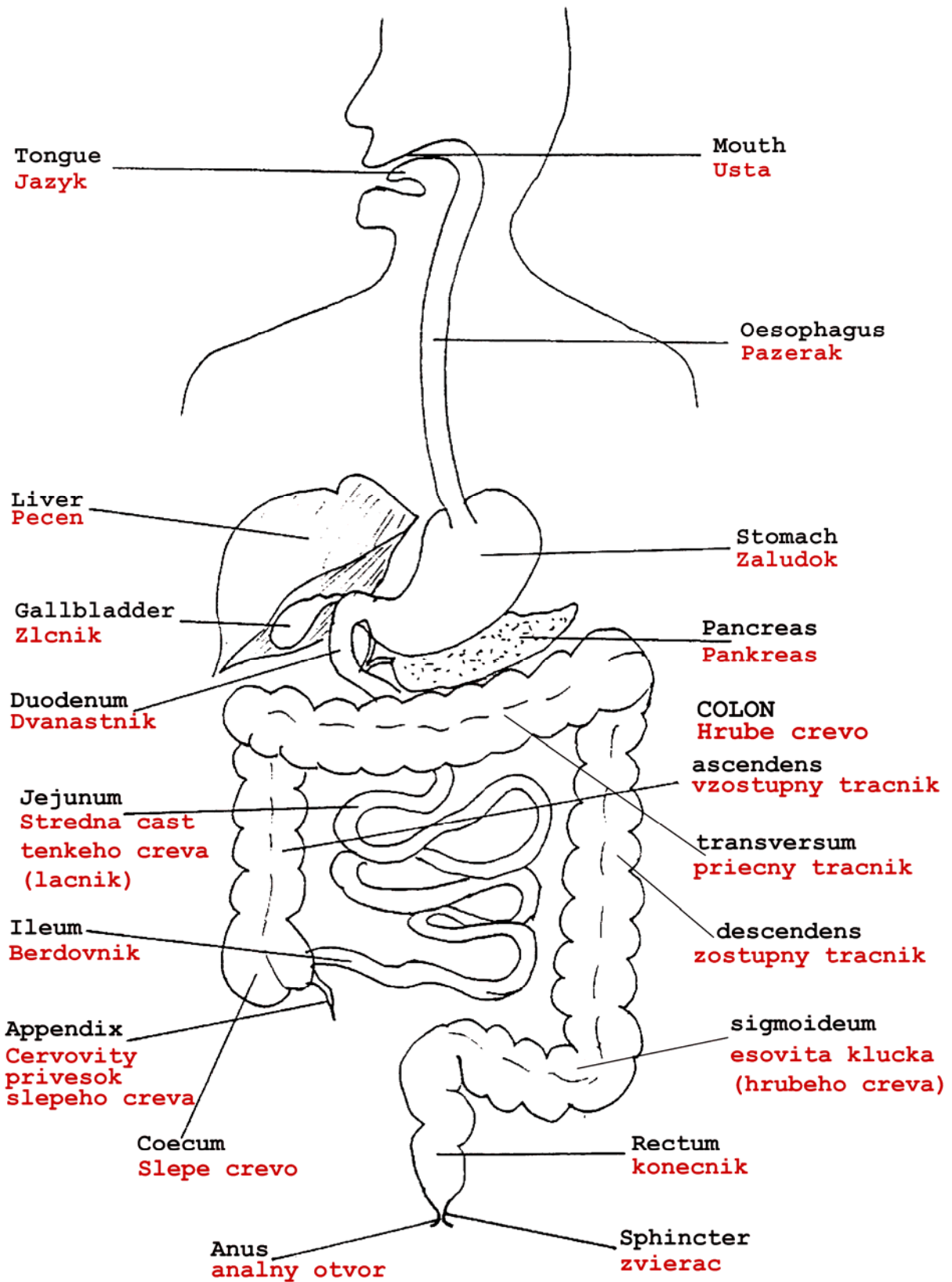
Take the original packages with you so the pharmacist in the foreign country can find out the right brand name.

The opening time in the Pharmacies is usually from 8.00 till 18/19.00, in Saturday/Sunday emergency what is written on everyone which you will visit.

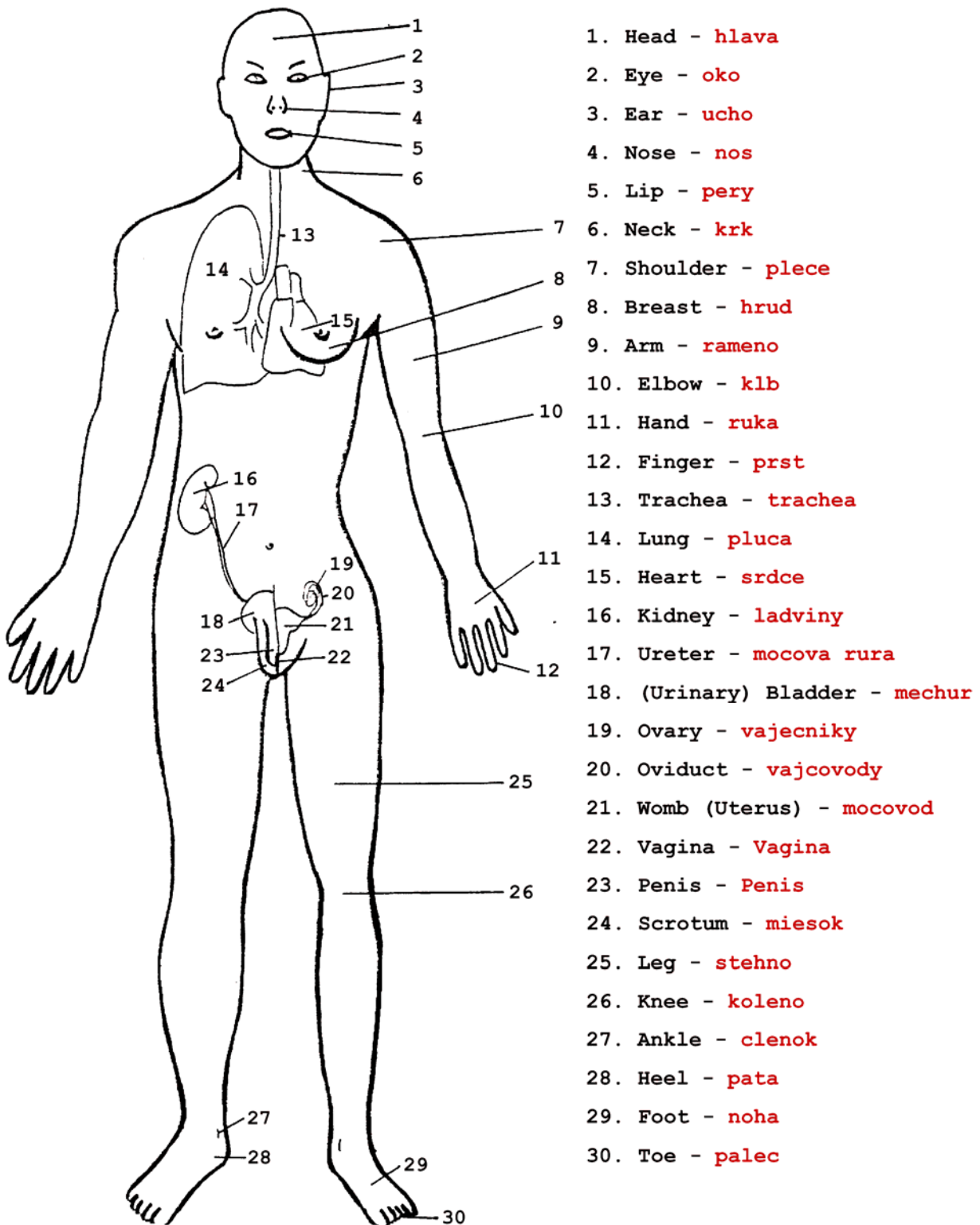
RETURNING EARLY THROUGH ILLNESS

Travel insurance is essential if you want to recover the costs of a premature return home in case of illness or an accident. However be sure that diseases and the related symptoms, already existing at the time you effect your insurance, are covered. Too often they are not.

SCHEMATIC DRAWING OF THE HUMAN INTESTINE



SCHEMATIC DRAWING OF THE HUMAN BODY



1. Head - **hlava**
2. Eye - **oko**
3. Ear - **ucho**
4. Nose - **nos**
5. Lip - **pery**
6. Neck - **krk**
7. Shoulder - **plece**
8. Breast - **hrud**
9. Arm - **rameno**
10. Elbow - **klb**
11. Hand - **ruka**
12. Finger - **prst**
13. Trachea - **trachea**
14. Lung - **pluca**
15. Heart - **srdce**
16. Kidney - **ladviny**
17. Ureter - **mocova rura**
18. (Urinary) Bladder - **mechur**
19. Ovary - **vajecniky**
20. Oviduct - **vajcovody**
21. Womb (Uterus) - **mocovod**
22. Vagina - **Vagina**
23. Penis - **Penis**
24. Scrotum - **miesok**
25. Leg - **stehno**
26. Knee - **koleno**
27. Ankle - **clenok**
28. Heel - **pata**
29. Foot - **noha**
30. Toe - **palec**

MEDICAL PHRASES

1	I need an interpreter	potrebujem tlmočníka
2	I have Crohn's disease	mam Crohnovu chorobu
3	I have Ulcerative Colitis	mam Ulceroznú kolitidu
4	Here is my doctor's certificate	Tu je moja lekárska správa
5	I feel bad	Zle sa cítim
6	I feel sick	Cítim sa chory
7	I lost weight	Stratil som na váhu
8	I have no appetite	Nemam chuť do jedla
9	I feel (very) weak	Cítim sa veľmi slabý
10	It is a fit of my Crohn's disease	To je príznak mojej Crohnovej choroby
11	It is a fit of my Ulcerative Colitis	To je príznak mojej Ulceroznej Kolitidy
12	I think, my troubles have nothing to do with Crohn's disease/ Ulcerative Colitis	Myslím že to nemá s mojou chorobou nič do činenia UC/CD

Special symptoms

13	Stools	stolice
14	I have diarrhoea	mam hnačku
15	Five times a day (ten times, fifteen times)	5 krat denne, desaťkrat denne, pätnásťkrat denne
16	Watery	vodnata
17	With blood	s nanosom krvi
18	With mucous	s hlienom
19	I have constipation	mam zácpu

Pain

20	Very painful	veľmi bolestivé
21	I have cramps	mam kŕče
22	I have a dull pain	mam tupé bolesti
23	My bowel is distended	mam plne čreva
24	I have a lot of gas	som meteorický
25	Food relieves the pain	strava znižuje bolesť
26	Food worsens the pain	strava zväčšuje bolesť
27	My joints ache	bolia ma kĺby
28	My stomach aches	bolí ma žalúdok

Vomiting

29	I have vomited	vracal som
30	I have to vomit	je mi na vracanie
31	The vomit is acid/black/smells badly	vrátky mam kyslé, tmavé, páchnuce

Fever

32	I have a fever	mam teplotu
33	High/low/intermittent temperature	vysoké, zvyšné, priebežné, stále teploty

Localisation

34	Right/left side	prava/lava strana
35	Upper side	vrchna cast
36	My mouth is affected	mam zasiahnutu ustnu dutinu
37	Gullet/oesophagus	pazerak
38	Stomach	zaludok
39	Small bowel	tenke crevo
39.1	Duodenum	<i>See schematic drawing of the human intestine</i>
39.2	Jejunum	<i>See schematic drawing of the human intestine</i>
39.3	Ileum	<i>See schematic drawing of the human intestine</i>
40	Large bowel	hrube crevo
40.1	Coecum / Appendix	<i>See schematic drawing of the human intestine</i>
40.2	Ascendens	<i>See schematic drawing of the human intestine</i>
40.3	Transversum	<i>See schematic drawing of the human intestine</i>
40.4	Descendens	<i>See schematic drawing of the human intestine</i>
40.5	Sigma	<i>See schematic drawing of the human intestine</i>
41	Rectum	<i>See schematic drawing of the human intestine</i>
42	Anus	<i>See schematic drawing of the human intestine</i>
43	I've had an operation (point out the body where your operation was located)	Mal som operaciu
44	I have a stoma	mam stomu/vyvod
45	I need stoma bags	potrebujem stoma sacky

Drugs

46	I need my regular medicine	potrebujem svoje bezne lieky
47	This medicine helps	tento liek mi pomaha
48	This medicine doesn't help	tento liek mi nepomaha
49	I am allergic to...	som alergicky na....

Associated symptoms

50	Joints	klby
51	My skin is affected	mam zasiahnutu pokozku
52	My eyes are affected	mam zasiahnute oci
53	I have fistulas	mam fistulu
54	With pus	s hnisom
55	I have kidney stones	mam ladvinove kamene
56	I have had kidney stones	mal som ladvinove kamene
57	I have gallbladder stones	mam zlcnikove kamene
58	I have a stomach-ulcer	mam zaludocny vred
59	I have a duodenum-ulcer	mam duodenalny vred
60	Stenosis	stenoza
61	Fissure	fissura

THE NATIONAL ASSOCIATION

The SCC (Slovak Crohn Club) is non-for-profit association grouping patients with Crohn Disease or Ulcerative Colitis. The SCC was founded in 1992 and has around 200 members all over Slovakia. The Association's activities cover organizing meetings, events, publishing bulletin, managing website and cooperation with medical sector.

Current chairwoman of the Association is **Mrs Viola Stevurkova**.

Contact information:

Slovak Crohn Club

Jurigovo namestie 1

841 04 Bratislava

Slovak Republic

Tel: +421 2 593 27 317 (Slovak speaking only)

Email: crohnclub@crohnclub.sk

Website: <http://www.crohnclub.sk>

EFCCA delegates:

Tomas Gertler, +421 903 710909, tomas.gertler@cosmex.sk

Ivana Charvatova, +421 915 893256, ivana.charvatova@nbs.sk

Jan Hruz, +421 907 983426, jano@hruzovci.sk

YOUNG PEOPLE'S CORNER

The Slovak Crohn Club does not have a separate youngsters group.

All activities are within the Association.

Contact person is Jan Hruz, +421 907 983426, jano@hruzovci.sk.