

# Ask CDC

## Medications and International Travel

*[Announcer]* This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Welcome to *Ask CDC*, the weekly podcast that answers *your* questions. I'm your host, Susan Laird. This week, a listener planning an international trip wants to know what to do about her medications.

Planning an international trip should include a visit to your health care provider. In addition to your routine care, discuss any medications you take regularly, including those for high blood pressure, high cholesterol, thyroid disease, diabetes, heart disease, or other illnesses.

You may need vaccinations or new medications before traveling. Your health care provider might have additional advice to ensure you have a safe and healthy trip. Here are some questions you should ask:

- What issues should I keep in mind about my health or medications while I'm travelling?
- Will any vaccines or new medications interfere with my usual medications?
- Will any over-the-counter products interfere with my medications?
- Should I make any changes in my usual medication schedule?
- Would you provide duplicate prescriptions in case my medications are lost?
- Are any of my medications restricted in other countries? If so, will you provide a note about why I have the medication with me?

Pack medication in your carry-on bag, NOT in your checked luggage. Pack extra medication, in case travel is unexpectedly extended or a pill is dropped or lost. For example, take 10 days of medications for a seven day trip. It's also a good idea to take copies of your prescriptions and a list of the generic names for your medicines. Leave a copy of your prescriptions at home with a friend in case yours are lost.

Pack all your own health supplies, including prescriptions and over-the-counter medicines. Products available in other countries are sometimes very different from the ones you're used to in the United States. In some countries, counterfeit drugs are common. They may not be effective and could be dangerous.

For more information about travelers' health, please visit [www.cdc.gov](http://www.cdc.gov) and choose "travelers health" from the A-Z list.

Thanks for listening. To submit *your* question to *Ask CDC*, email us at [askcdc@cdc.gov](mailto:askcdc@cdc.gov).

*[Announcer]* For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.