

# Traveling with Fertility Medications



Helpful Tips From  
Mandell's Clinical Pharmacy



1. Talk to your clinic about your travel plans, including your destination, the duration of your stay, whether or not you would be missing any crucial appointments, as well as what to do in case of a medical emergency. Also be aware that your physician may restrict your travel to certain destinations that are viewed as a risk, such as areas where you are at greater risk for contracting ZIKA.
2. Speak with your clinic about whether it is an option to substitute medications that require refrigeration with medications that do not require refrigeration. Gonal-f Multi-dose vials (FSH) and Menopur 75IU vial (HMG) are two gonadotropin formulations that do not require any refrigeration. In addition, unopened Gonal-f pens, which are stored for long term in the refrigerator, are stable at room temperature for up to 90 days.
3. Decide if you will travel WITH your medications or have them shipped to your destination. You do not need to ship your entire order to your destination. You can only ship what you need, but definitely factor in the possibility of needing extra medications due to dosing adjustments. Mandell's can ship overnight to all 50 states but if you are traveling internationally, you should bring everything you need with you. We recommend bringing medication with you if possible.
4. Anticipate your medication needs in advance. Make sure you have more than enough medication to last your entire trip – this includes bringing extra medications in case of dosing adjustments or travel-related delays, such as cancelled or delayed flights. Also have extra supplies such as a sharps container, alcohol swabs, etc.
5. Be sure to get a note from your doctor explaining that you are undergoing medical treatment and need to travel with these medications. Have your doctor list all your medications.
6. Think about the best way to transport your medications as well as where you can store them upon your arrival at your destination.
7. Bring a cooler bag and some ice packs for use in transit for the medications that require refrigeration. While medications have temperature excursions, delays and circumstances are unpredictable and medication that are very temperature sensitive could be at risk, (Omnitrope). If you are flying, contact your airline to inquire about any special requirements or procedures for bring a cooler on board. **DO NOT PUT MEDICATIONS IN CHECKED LUGGAGE – CARRY THEM ON.**
8. Keep opened items in original labeled containers.
9. If you are flying, it is suggested that you arrive early and allow extra time for your security check. TSA may wish to conduct an additional inspection of your cooler, ice packs or medications.
10. If you are staying in a hotel with a “mini-fridge” verify the temperature is correct. Some “mini-fridges” do not refrigerate well, while others can get too cold and freeze.
11. Contact a Mandell's pharmacist at 877-252-0553 if you have any questions about medication storage or excursion.