



Travelling with IBD

Although travelling is an exciting activity, it can be a very stressful ordeal for those with gastrointestinal conditions such as inflammatory bowel disease (IBD).

Just some of the challenges IBD patients may face when travelling include travel insurance, eating new and different foods, accessing washrooms, travelling with medication and finding an IBD specialist abroad.

IBD Africa has provided a booklet on IBD and Travelling produced by Crohn's and Colitis UK (pdf link). We also recommend patients visit the award winning website, IBD Passport <https://www.ibdpassport.com/travelling-ibd>, before embarking on overseas travel.