

Travelling with MG

What to Consider

Travelling with MG requires thoughtful planning and preparation. In order to make your journey as easy and safe as possible, we have provided some information for you to consider as well as some helpful tips.

When planning for travel, think about your overall condition and treatments:

- How stable has your MG been in the past year?
- Are you prone to flare-ups?
- Have you recently changed medication or treatments?
- Will weather conditions at your destination exacerbate your symptoms?
- Is there a hospital nearby and are they familiar with MG?
- Is it peak flu season or infectious diseases concerns at my destination?

Make sure to discuss your plans for travel with your physician, as they can help you weigh the risks of travel. Prior to leaving for your trip, request the most recent consultation note from your doctor, which will have detailed information about your medications and treatments. This will come in handy in case you need assistance or medical care while travelling. You can also ask your doctor for a list of recommended MG providers near your destination. You can also consult with a [Travel Clinic](#).

Helpful Tips for Travel

- Be realistic- allow time for rest and reduced physical activity
- Bring a resource booklet on MG- information that can help educate health care providers about the condition in case they aren't familiar with it
- Bring a list of [medications that may worsen MG](#)
- Bring medications in your carry-on bag to make sure that you don't get separated from them- they should be in the original containers/ prescription bottles for airport security
- Make a list of medical terms in the language of the country you are visiting
- Bring additional cash or credit cards to make taxi travel easier if the subway or bus is not an option
- Bring a medical alert ID bracelet or [alert card](#) in the event of an emergency
- If on IVIG treatments, plan to have your treatment a few days before you leave for your trip
- Check with your doctor about immunizations needed for your trip, and whether they could exacerbate your MG
- Check the details of your medical travel insurance and what's covered
- Travel with someone who knows about your MG and can be your advocate in the event of an emergency
- Do you need travel certificates for your medication or treatments? Check with your airline to see what's needed

- Ask about seating arrangements and travel accommodations for disabled passengers