Air and international travel with medications

When flying, either within the US or internationally, it’s important to have the medications you need.

**TSA rules for air travel in the US**

- **Pills are OK.** You don’t need to notify an officer that you have medications in pill form.
- **Liquids have some restrictions.** You can bring “reasonable quantities” of medically necessary liquids without the usual 3.4-ounce restriction and clear zip-top bag, as long as you tell the TSA officer BEFORE the screening process starts.
- **There are no restrictions if your medications are screened.** Medications are screened by x-ray, but you can ask for a visual inspection instead. Also, nitroglycerin tablets and spray are permitted.

**Traveling internationally**

- **Dialysis care may not be covered or accessible internationally.** Call travel services at 1–866–434–2597 (option 2) to help plan your care while you travel.
- **Bring your medications from home.** Many countries have lower quality standards or may not have your medications at all. Don’t count on being able to refill a prescription internationally.
- **Check the laws in your destination.** Some prescriptions and even over-the-counter drugs are illegal in certain countries.
- **Get a letter from your doctor.** A letter from your doctor, on official stationery, explaining what medications you need and why may help you avoid legal issues. If you can, have it translated into the local language.
- **Know the contact information for the US Embassy or Consulate at your destination.** They may be able to help you find reliable care and medications: USEmbassy.gov.

**CONTACT PATIENT TRAVEL SERVICES**

Call 1–866–434–2597 (option 2), Monday–Friday, 8:00 a.m. to 5:00 p.m. EST.
Allow 2–4 weeks for domestic travel, 8 weeks for international travel.

**LEARN MORE ABOUT TRAVELING WITH MEDICATIONS**

CDC.gov/Features/Travel-Medicine/Index.html
TSA.gov/Travel/Travel-Tips/