



## TRAVELLING WITH MEDICATION

**Thank you for getting in touch with us to discuss the medication you intend to take onboard; we would like to take this opportunity to familiarise you with our policy with regards to medication.**

If you take regular medications we advise you to have sufficient supplies to last at least the duration of your cruise. P&O Cruises recommend that you bring extra medication in the event of unforeseen delays. We ask that you please ensure your medication is kept in its original packaging and in your carry-on luggage when boarding.

For passengers on multiple medications we ask that you bring a detailed list containing the medications name, dose, route and frequency. This is particularly important for passengers travelling with a dosette box or other dispensing devices.

### **MEDICATION REQUIRING REFRIGERATION**

For Pacific Jewel, Pearl & Dawn the refrigerators are located in the cabin; however there is no guarantee the temperature will be suitable to store your medication. Pacific Aria and Pacific Eden have a limited number of portable refrigerators onboard, which can be requested for medical purposes. If you require a refrigerator in your room, please request this through the Customer Care team. We are also able to arrange for medication to be stored in the ships refrigerators, to do so, please contact your cabin steward on arrival. Your cabin steward will then ensure your medication is available to you as required throughout your cruise. We do ask that you travel with your medication in a sealed container clearly labelled with your name and cabin information.

### **WEBSTER PAKS**

For passengers using the Webster Paks to administer regular medication, we do accept these onboard as long as a copy of the passenger's script is received as well as a list of all medication.

### **METHADONE OR RESTRICTED MEDICATIONS**

If you are currently receiving Methadone or carrying restricted medication, you are required to provide a letter from your Doctor stating what you are taking, the dose, the frequency and that you are fit to travel.

### **SHARPS**

Passengers who require sharps onboard can obtain a sharps disposal container from their cabin steward. The cabin steward will also arrange for the safe disposal of the container at the end of your cruise. P&O recommend that you carry a letter from your doctor stating the purpose of the sharps, particularly if you will be taking sharps ashore in foreign ports.

### **MEDICAL SERVICES ONBOARD**

All cruises on our ships are outside the scope of Australian Medicare, New Zealand Accident Compensation Corporation and private health insurance. Consultations, treatments and medication are charged at private rates and must be paid by you onboard and then claimed through your travel insurance.

### **DISTRIBUTING MEDICATION ONBOARD**

We are unable to provide assistance with routine medication storage, dose monitoring or controlled administration.

### **INTERNATIONAL TRAVEL INSURANCE**

P&O Cruises strongly recommend you purchase the appropriate International travel insurance at the time of booking. Australian Medicare and New Zealand Accident Compensation Corporation do not cover your travel onboard; as such it is important that international travel insurance is purchased for all voyages (including domestic Australian itineraries).

If you have any further enquiries, please do not hesitate to contact our Sales & Service team on 13 24 94 (AU) or 0800 780 716 (NZ)

*We look forward to welcoming you onboard.*