TRAVEL TIPS

Before you go on a trip, get a letter from your healthcare provider saying you have diabetes. The letter should say:

• What medicines you take.
• What supplies you need.

You should:

• Wear medical identification that says you have diabetes.
• Learn how to say “I have diabetes” and “sugar” or “orange juice” in the languages of foreign countries you plan to visit.
• Take extra diabetes medications and supplies you need in case you need to stay longer or have travel problems.
• Pack your medicine and supplies in your carry on luggage. This includes all pills, your glucometer and supplies, and snacks.
• Ask your healthcare provider if you need to take an emergency sugar kit in case of low blood sugar.
• Make sure your medicines are marked with your name and how much you take.

If you are traveling by plane:

• Let the flight attendant(s) know you have diabetes.
• Never pack insulin in checked luggage.
• Keep your insulin cool in an insulated bag with frozen gel packs.
• Drink plenty of water.
• Limit alcohol.
• Ask if a meal or snack will be served.
  – If no meal is available, bring or buy food to be eaten at the correct time.
TRAVEL TIPS

• Keep your diabetic supplies, emergency snacks, and glucose gel or tablets at your seat, not in the overhead bin.
• If you are on insulin, wait until food is about to be served to give yourself an injection to prevent a low blood sugar.
• If you plan to inject insulin in the restroom, reserve an aisle seat so that you can get to the bathroom easily.
• Do not inject air into the insulin bottle since the air aboard a plane is pressurized.
• Adjust your insulin dosage by the changes in time zones.
  – Discuss your travel plans with your healthcare provider to work changes in how you take your medicine.

Other general travel tips:
• Do not use insulin from another county. It may be different that what you use here.
• Tell the people traveling with you that you have diabetes.
• Check your blood sugar more often since change in daily habits can effect your blood sugar.
• Check your blood sugar before driving.
• Do not leave your medicines in a car or near a window. They may get too hot or cold.
• Move around often so that you do not get a blood clot in your leg.
• Do not go barefoot.

SAFE TRAVELS....