

TRAVEL TIPS

When traveling, be sure to:

- Ask your healthcare provider for a:
 - Letter explaining your diabetes medications and supplies
 - Prescriptions for your diabetes medications, in case of an emergency
- Wear a medical identification bracelet that says you are a diabetic.
- Learn how to say “I have diabetes” and “sugar” or “orange juice” in the languages of foreign countries you may visit.
- Take twice the diabetes medications and supplies you need in case there are delays, you decide to stay longer, or some medications or supplies are misplaced.
- Pack the following items in luggage that you keep with you.
 - Medications
 - Oral diabetes medications or insulin (with syringes, pens, or pump supplies)
 - Other prescription medications
 - Glucometer with spare batteries, test strips, lancets, alcohol wipes or hand-washing gel, and cotton balls or tissues
 - Glucose tablets or other sugar source
 - Snacks, such as crackers or dried fruit
 - Glucagon Emergency Kit; ask your healthcare provider if you need to take a glucose-filled syringe to use in case of severe low blood sugar
- Make sure your diabetes medications and supplies are clearly identified and labeled.

Tips if you are traveling by plane

- Let the flight attendant(s) know you have diabetes.
- Never pack insulin in checked luggage. It may be exposed to extreme cold or heat.
- Keep your insulin cool in an insulated bag with refrigerated gel packs.
- Drink plenty of water. Do not drink alcohol.



Starting Insulin – a patient guide

TRAVEL TIPS

- Ask if a meal or snack will be served.
 - If the airline serves special meals, order a diabetic meal ahead of time.
 - If no meal is available, bring or buy food to be eaten at the correct time.
- 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. Otherwise, you risk developing low blood sugar while you wait for your food.
- If you plan to inject insulin in the restroom, reserve an aisle seat so that you can reach the restroom more easily.
- Do **not** inject air into the insulin bottle since the air aboard a plane is pressurized.
- Be sure to adjust your insulin dosage by the changes in time zones.
 - Discuss your travel plans with your healthcare provider to work out a different medication routine.

Other general travel tips

- If you travel to another country and use insulin bought there, it may have a different strength, and you will need to adjust your dosage.
- Let the people traveling with you know about your diabetes.
- Check your blood sugar more often since changes in your routine may affect your blood sugar.
- Be aware of your blood sugar level when deciding to drive.
- Do not leave your medications in a car trunk or glove box, in a backpack or cycle bag, or near a window where they may get too hot or cold.
- Move around every hour or so to reduce the risk of developing blood clots in your legs, which can be a medical emergency.
- Protect your feet, and do not go barefoot in the shower or pool.

SAFE TRAVELS...

Place label here.