



Traveling with Diabetes



Whether you are traveling for business or pleasure, staying in a four star hotel or roughing it in the wilderness, careful planning is the key to a successful trip.

Guidelines for Traveling with Diabetes

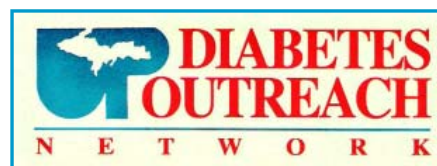
- If you are going on an extended trip or visiting another country, schedule an appointment with your doctor several weeks before you go.
- Call ahead to your airline to confirm its policy regarding diabetes medication and supplies.
- All medications should be carried in the original pharmacy bottles or boxes.
- Pack your carry on bag carefully and keep it with you at all times.
- If traveling by air or train, request your special meal 48 hours in advance.
- Notify screeners if you are wearing a pump and request that they visually inspect the pump rather than removing it from your body.



What Do I Need From My Doctor Before I Travel?

1. Get a letter explaining how your diabetes is treated. It should state whether you are on pills, insulin or a pump and what supplies you use, including lancets, test strips, and syringes. It should also state any allergies.
2. You should also get prescriptions for your insulin and oral agents, in case your supply is lost or damaged.
3. Ask your doctor or educator about adjusting your insulin for time zone changes. You may need to add or cut back your dosage.

U.P. Diabetes Outreach Network
*Strengthening Diabetes Care & Prevention
in Upper Michigan since 1985*
(906) 228-9203
www.diabetesinmichigan.org



Air Travel with Diabetes Supplies

- The American Diabetes Association recommends that you call your airline prior to travel to confirm its policy regarding diabetes medication & supplies.
- To board with an insulin delivery system, you must provide a pre--printed label that clearly identifies the insulin. Keep it in the original box.
- Lancets will be accepted, if they are capped & brought on with a glucose meter that has the manufacturer's name embossed on it.
- Glucagon kits should be kept intact in their original, labeled container.
- For current security information, visit: www.tsa.dot.gov or www.diabetes.org/advocacy

What to Pack in Your Carry-on Bag*

- All the insulin, syringes & infusion sets you will need. Pump users will want some syringes for emergencies.
- Blood & urine testing supplies, extra meter batteries & all oral medications.
- Also pack glucagon, anti-diarrhea medicine, antibiotic ointment, anti-nausea drugs & any other medications you take.
- Bring glucose tabs, gel or hard candy for low blood sugar. Keep some in your pocket too.
- Pack twice as many supplies as you think you will need.
- Keep your carry-on bag close at all times, no matter how you are traveling.

****Be sure to check current regulations regarding carry on baggage before arriving at the airport.***

Meal Planning

- For an unfamiliar food, ½ of a fist is a carb choice.
 - Carry extra snacks for flight delays, extra activity or changes in plans.
 - In some countries, you need to avoid tap water, even ice. Use bottled water.
- Remember sick day rules and keep extra liquids available.

Insulin Storage

- Open or unopened bottles may be stored at room temp 59-86 F for up to 1 month. Any remaining should be discarded after 1 month.
- Pre-filled pens have different storage needs, so check the package for directions.
- Do not leave in the car or checked in airline baggage.

Other Tips:

- Wear a medical alert bracelet.
- Teach travel companions to recognize hypoglycemia and how to give glucagon.
- Test your blood sugar more frequently.
- Do not inject air into your insulin bottle while on the plane, due to the pressure.
- Let the flight attendant know you have diabetes.
- If you wear an insulin pump, check with your pump company regarding any concerns with pump functioning during travel.