

# DIABETES AND TRAVEL

When you have diabetes, vacation or business trip means a little extra planning. Changes in what you eat, how active you are, and time zones can affect your blood sugar levels. How to make your travels easier?

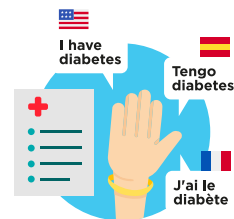


## Before you go



### SEE YOUR DOCTOR BEFORE YOU GO

Before your holiday have a medical exam to make sure that your diabetes is under control. Ask your doctor for a prescription and letter with all information about your condition.



### PREPARE FOR AN EMERGENCY ABROAD

Prepare list of doctors/places where you can ask someone for help. Always wear “I have diabetes” bracelet or necklace, also learn how to say “I have diabetes” in language of the country you’ll visit.



### MEDICAL IDS

Carry a note from your doctor describing your condition. Also in the event of an emergency have your medical ID with all information about health status - such as insulin dependence, allergies etc.

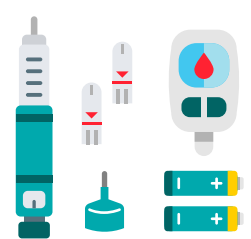


### PACKING

Prepare holiday checklist and remember - rather pack twice as much than too little medication and other diabetes supplies. Pack your items in carry-on bag so that your medication is always with you.



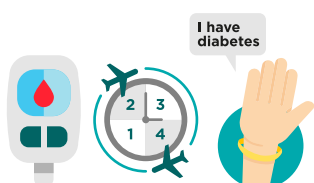
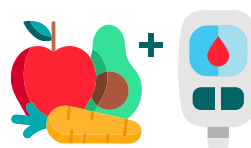
## Holiday checklist



- SUPPLY OF INSULIN (LEAVE IT IN ORIGINAL PACKAGING)
- INSULIN PEN AND PEN NEEDLES
- PERSONAL LANCETS, LANCING DEVICE AND ALL DEVICES THAT YOU WILL NEED FOR THE TRIP
- BLOOD AND KETONE TESTING SUPPLIES (+ EXTRA BATTERIES FOR GLUCOSE METER)
- OTHER MEDICATIONS OR MEDICAL SUPPLIES (GLUCAGON, ANTIDIARRHEA MEDICATION, ANTIBIOTIC OINTMENT)
- MEDICAL ID AND DIABETES IDENTITY CARD
- COOLER BAG FOR INSULIN AND TEST STRIPS
- CANDY OR GLUCOSE TABLETS TO TREAT LOW BLOOD SUGAR
- TREATMENT PLAN (WITH INSULIN DOSES AND CORRECTION FACTORS)
- HEALTH INSURANCE AND AN EMERGENCY CONTACT PERSON TELEPHONE NUMBER



## When you get there



- EATING IN THE AIR - REQUEST MEAL LOW IN SUGAR, FAT OR CHOLESTEROL & INJECT INSULIN WHEN YOU SEE YOUR FOOD IN FRONT OF YOU
- STORE YOUR INSULIN PROPERLY
- CROSSING TIME ZONES - TALK TO YOUR DOCTOR BEFORE YOUR TRIP AND PLAN THE TIMING OF INSULIN INJECTION WITH YOUR TRAVEL SCHEDULE
- TRY TO STICK YOUR ROUTINE AS MUCH AS POSSIBLE
- KEEP YOUR SUPPLIES CLOSE AT HAND
- INVESTIGATE THE FOOD YOU EAT
- TEST YOUR BLOOD SUGAR OFTEN
- WEAR COMFORTABLE SHOES
- TELL OTHERS THAT YOU HAVE DIABETES

Take it easy & have a great holiday!

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Sources