

DIABETES TRAVEL TIPS

Discuss travel plans with your medical provider or diabetes specialist 4-6 weeks before your trip.

Checklist:

- Get a letter from the medical provider stating you need to carry diabetes supplies, medications such as pills, glucometer/ strips and lancets, insulin, syringes, etc
- Take extra diabetes supplies with you. It is recommended taking an additional 1 week worth of medications, syringes, insulin and meter supplies.
- Request paper prescriptions from medical provider for you diabetes medications, in the event you run out of medications; generic medications are preferred, as they are easier to get prescribed.
- Bring a copy of the sick day rules with you, just to be safe.
- Always carry your list of medications and all allergies with you.
- Always keep a few snacks with you in your carry-on bag.
- In USA, you can call 1-800-DIABETES for American Diabetes Association approved programs in each state.
- Make sure you get appropriate immunizations if traveling out of USA.
- Contact your insurance company to see if they will cover emergency care if traveling outside the USA: some travel companies offer supplemental insurance for a fee.
- Wear a visible form of medical ID bracelet or necklace identifying you as a diabetic and other important diagnoses, allergies, pacemaker or ICD.
- For disposal of sharps when traveling the Becton-Dickinson (BD) Safe clip is small and easy to carry. Some Wal-Mart's, Walgreens and other pharmacies carry this item.

When Flying:

- Contact the airline or check airline website for general medication guidelines.
- When booking the flight, consider requesting a special meal.
- If you use insulin, and you are flying, keep your watch on your home time as you fly across time zones. You may need to adjust your insulin doses or meal/snack times depending on the number of time zones crossed.
- When flying, keep all medications, including insulin in an insulated bag, as well as blood glucose meter, test strips, ketostix and glucose tablets need to be carried in your carry-on bag with you. Syringes should go into luggage unless you need to take a dose on board. If so contact airline for their policy.