

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.



Starting Insulin – a patient guide

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....

Place label here.