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TRAVEL TIPS WHEN YOU HAVE DIABETES: WHAT TO BRING

- Ask your health care provider for a letter stating you have diabetes and supplies are needed in daily management. Also, ask for list of all medications, doses and allergies. International travel may require copies of prescriptions.
- Have your medical insurance card, emergency phone numbers, health care provider's name and phone number. **Wear identification** stating you have diabetes.
- Pack **twice** the amount of diabetes supplies/medications you expect to need. The FAA recommends keeping supplies in original pharmacy-labeled packaging. Keep these **in carry-on luggage**, as well as snacks, glucose tablets with you at all times for ready access. Don't forget Glucagon Kit if you use insulin.
- **Insulin Pump Users:** bring extra insulin, infusion sets/reservoirs, and batteries. Ask for Airport Security to provide visual inspection of pump and avoid walking through metal detector.
- **Travelers with Disabilities/Medical Conditions:** **Contact TSA Cares helpline** at 1-855-787-2227 or TSA-ContactCenter@dhs.gov for screening policies, procedures or to coordinate checkpoint support with TSA Customer Service Manager.
- **Storage:** keep medications/insulin away from heat, light, extreme temperatures. Use cool packs with insulated bag. Check manufacturer's recommendations for length of use once insulin bottle/pen in use.
- **Prescription laws may be different** in other countries: for information, go to International Diabetes Federation: <http://www.idf.org>. Insulin in foreign countries comes in different strengths. Make sure you have the correct syringe for the strength. Get a list of English-speaking foreign health care providers in case of emergency by contacting the American Consulate.

Adapted from: www.cdc.gov/Features/DiabetesAndTravel/index.html and

National Diabetes Education Program: www.YourDiabetesInfo.org

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Staying Healthy When Traveling:

- **Immunizations:** Find out what's required for where you're going at *The Portland Clinic's Travel Clinic*.
- **Check A1c, Blood Pressure & Cholesterol:** see your health care provider 4-6 weeks prior to travel to make sure these are under control.
- **On the Road or In the Air:** find out length of trip or flight and whether meals will be served; carry enough food/water for flight time/road trip.
- **Move Around!** Reduce risk of blood clots by moving around every hour or two and drink plenty of water.
- **Tell at least 1 person traveling with you about your diabetes.** Protect your feet: never go barefoot in shower or pool. Check blood glucose often as changes in meals, activity and time zones may affect glucose levels.

Plan for Time Zone Changes (*check with your health care provider for instructions):

- **Know when to take medications. If you use insulin:**
 - **Eastward travel:** means shorter day; use **less long-acting** insulin
 - **Westward travel:** means longer day; use **more long-acting** insulin
- **If Time change subtracts 3 or more hours from your day:**
 - **Start 2 days prior:** move dose back 1 hour; 1 day prior: move dose back another 1 hour; day of travel: move dose back another hour to equal the 3 hour time change difference.
- **If Time change adds 3 or more hours to your day:**
 - **Start 2 days prior:** move dose forward 1 hour; 1 day prior: move dose forward another 1 hour; day of travel; move forward another hour to equal 3 hour time change difference.
- **Pump Users:** re-set the time clock on insulin pump to the local area when arrive. The basal rate will run based on the rate set for the time of day.

Adapted from: BD Getting Started: Travel, Vacations and Diabetes