

# TRAVEL TIPS

### For your trip:

- Bring prescription labels for meds and devices. Have them ready to help the security go quickly.
- Pack meds in a clear, resealable bag.

### 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 countries you will 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. Include all pills, glucometer, 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:

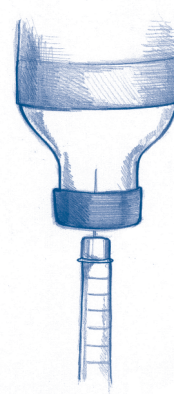
- Let the flight attendant(s) know you have diabetes.
- Never pack insulin in checked luggage.
- Keep your insulin cool in an insulated bag with frozen gel packs.
- Drink plenty of water.
- Limit alcohol.
- Ask if a meal or snack will be served.
  - If no meal is available, bring or buy food to be eaten 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....

<https://www.diabetes.org/resources/know-your-rights/what-can-i-bring-with-me>

Place label here.