

Traveling safely with diabetes

Cornerstones4Care™

Diabetes doesn't have to hold you back

If you like to travel, diabetes doesn't have to stop you. Yes, you'll have to take diabetes with you wherever you go. But with planning and knowledge, you can go pretty much wherever you wish.



Plan ahead

- Make an appointment to see your diabetes care team a few weeks before you go. Make sure your ABCs—A1C, blood pressure, and cholesterol—are in a healthy range. Check to see that your immunizations are up to date. Get extra prescriptions for your diabetes medicines. And ask for a note explaining that you have diabetes
- Wear an identification band that says that you have diabetes. The information should be written in the language of every country you'll be visiting
- Plan for changes in time zones, schedules, and meals. Talk with your team about what those changes will mean to your diabetes care
- Make sure to let your diabetes care team know about any episodes of low blood sugar you have been experiencing

What to pack

No matter how you'll be traveling . . .

- Bring along double the amount of diabetes medicines and supplies that you would normally need
- Don't forget your blood and urine testing supplies (Include extra batteries for your blood sugar meter)
- If you use insulin, follow the instructions for use once you open the insulin. If you are taking extra insulin, pack it in a thermos bag with cold packs. With all your diabetes medicines, check and follow the instructions for storage
- Make sure you have your medical insurance cards. Take along the phone numbers for your diabetes care team as well

If you're traveling by airplane . . .

- Carry all of your diabetes supplies in your carry-on luggage. That way you'll have it with you in case your checked bags gets lost
- Bring your medicine in the original, labeled containers given to you by your pharmacy
- Be aware that airport security will allow you to take all diabetes-related medicine and supplies with you, including:
 - Insulin pumps and supplies
 - Glucagon emergency kit
 - Used syringes (in a hard-surface container)
 - Liquids (including water or juice)



Traveling safely with diabetes

Avoiding changes in blood sugar

Travel may bring about changes in your blood sugar, even if it's usually within your target range. So check your blood sugar more often than you do at home. Talk with your diabetes care team about what you can do to decrease your risk of high blood sugar.

To reduce your risk of low blood sugar:

- Always bring emergency snacks with you. Include both rapid-acting and slow-acting carbs. Good choices include a snack pack of crackers and cheese, crackers and peanut butter, or a piece of fruit. In case your blood sugar drops, be sure to pack glucose tablets or hard candies that you can chew quickly

- If you're flying, keep your emergency snacks with you at your seat. Don't store them in the overhead bin. That way you can get to them easily
- Call ahead to find out if you will get a meal on your flight. You can request a diabetic meal. If you use mealtime insulin, wait until you see that your meal is about to be served before you take it. If meals are not available, you may want to pack one for the trip



For more information, visit
Cornerstones4Care.com

Novo Nordisk Inc. grants permission to reproduce this piece for nonprofit educational purposes only on condition that the piece is maintained in its original format and that the copyright notice is displayed. Novo Nordisk Inc. reserves the right to revoke this permission at any time.

Cornerstones4Care™ is a trademark of Novo Nordisk A/S.