

patient education program

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Diabetes & Travel

Travel is a great way to take a break from the routine of work or school and relax. Taking a break from your diabetes management plan however can cause symptoms that make enjoying your trip difficult and may also lead to a medical emergency. A little extra planning will help ensure a safe and enjoyable time.

Your Diabetes Packing Checklist: *Did you remember...*

- Insulin
- Insulin syringes/pen needles
- Insulin pump supplies
- Blood glucose meter
- Blood glucose meter strips
- Lancets & lancet device
- Control solution
- Extra sensors

- Ketostix
- Glucagon kit
- Alcohol wipes
- Batteries
- Emergency phone #s
- Medical Alert ID
- Extra prescriptions for supplies
- Written down pump settings

- Low blood sugar treatment
- Extra snacks
- Logbook
- Sharps container
- Ice pack
- Diabetes travel kit

Carry enough supplies to last the entire trip, plus a few extra days!

High blood sugar: Lack of activity, like riding in a car for a long time will cause blood sugars to rise. Make sure you drink plenty of no-sugar fluids. Test ketones when blood sugar is above 240 and treat as directed.

Low blood sugar: Extra activity like walking, swimming, and hiking can cause low blood sugars. Be prepared for the unexpected! Carry liquid/easy to eat carbohydrates (juice, regular soda, glucose tablets or gel) with you **at all times**. Educate traveling partners to recognize and treat a low blood sugar. Glucagon should be **carried with you at all times** in case of a low blood sugar emergency.

Storage of supplies: Almost all of your supplies should be kept between 40-85°F so they will have to be kept with you or in a building like a motel room. Do not put extra supplies in checked bags when flying or the trunk when driving. You can buy a diabetes travel kit to keep items at the right temperature.

Time zones: If there is a change in time of two hours or more and you use:

Insulin Pump – Be sure to **write down ALL of your pump settings** in case the pump screen goes blank or the memory is accidentally erased. Then, simply change the clock on the pump to the local time when you arrive at your destination.

Injections – Give the Lantus/Levemir dose at the time you would take it at home, not the local time. For Humalog/NovoLog/Apidra, take your doses as usual based on local time with your meals.

Airline travel: Carry all supplies in your carry-on bags. Safety and temperature control of supplies is not possible if they are in checked bags. Although not required, it is helpful to have the pharmacy labels on all your supplies, especially when flying. Visit the following address for current TSA regulations <https://www.tsa.gov/>. If using an insulin pump, ask airport security to visually inspect it as it should not go through the x-ray machine. It should be safe to go through the metal detector.