

Travel Easy with Diabetes



Make it easy to relax and have fun when you plan ahead.

Before You Go

- Schedule an appointment with your doctor.
 - Get prescriptions for all your medications.
 - If traveling overseas or by air, get a letter from your doctor about your diabetes, especially if you must take insulin, syringes and testing supplies through screening, immigration or customs.
- Carry medical identification with your diabetes diagnosis.



What to Pack?

- All diabetes medications and supplies should be in a carry-on bag. Insulin and test strips can get too cold in checked baggage.
- Take twice as much medicine as you think you might need to avoid running out, in case it is misplaced or if there are unexpected delays in your trip. Put medicine in two different places in case one bag is lost.
- Don't forget low blood sugar treatments
 - Glucagon kit if recommended by your doctor
 - Glucose tablets/gels
- Pack plenty of healthy snacks that are stable at room temperature.
- If you are driving, take a cooler with healthy foods and plenty of water.

When You Travel

- Don't leave medications, insulin or test strips in a hot car. Heat damage can occur.
- Avoid sitting for long periods of time. If traveling by plane or train, get up and walk every hour or two to prevent blood clots. If traveling by car, stop periodically and walk around.
- Make a conscious effort to seek healthier options for meals and snacks.

Meal Planning

- Food is a huge highlight of vacation. Select real foods that fit into your meal plan.
- Carry food in case of unexpected delays. Meals may not be served at times that fit into your usual schedule.
- Find out what foods are available along the way and at your destination.
- Look up nutrition information on restaurant websites to identify foods that fit into your meal plan. At the restaurant, ask how foods are prepared so you can make better choices.



Activity

- Blood sugar control can be different when you travel.
- Be sure to move around every couple of hours to improve circulation.
- If your vacation involves a lot more walking than normal, check your blood sugar more often. Be sure to carry snacks and something to treat low blood sugar.



Time Zone Changes – Coming and Going!



Start to adjust your medication dose times two days before you travel.

	Two days before travel	One day before travel	Day of travel
If adding three or more hours	Move dose times up by one hour	Move dose times up another hour	Move dose times up an additional hour
If subtracting three or more hours	Move dose times back one hour	Move dose times back another hour	Move dose times back an additional hour

Even with all your efforts, things don't always go exactly as planned. Do the best you can and enjoy your trip!



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