

BEFORE YOU LEAVE

-  Have a medical checkup. If you are going to an area where diarrhea might be a problem, take an anti-diarrhea medication (like Imodium) with you. You may also want to take along something to prevent or treat nausea.
-  Have required vaccinations weeks ahead of your departure time to avoid reactions that might disturb your blood sugar balance while away from home.
- When planning a trip to areas where English is not the principal language, try to learn how to say: "I have diabetes; please get me to a doctor." and "Sugar or juice, please," in the language of each country you plan to visit.
- Choose hotels carefully. Know what facilities are offered what services are available.
- Carry insulin with you, along with your syringes and glucagon. U-100 insulin is now available in most countries, but you can never be sure. It is a good idea to take twice as much medicine as you think you'll need; split up your medication and supplies so some is in carry-on luggage the some is in checked luggage.
- **Insulin need not be refrigerated**, but you must protect it from extreme heat or cold. Do not leave your insulin on the dashboard of a hot car. If traveling by plane, take insulin in your carry-on luggage. If traveling by air, call the airline and request a special meal.
- Take your personal blood glucose and urine monitoring equipment. Remember, many changes take place during travel, and the only way to assess your control is by monitoring frequently.
- Take extra batteries for your meter.
- Carry a letter stating you have diabetes and must carry with your insulin syringes and monitoring equipment. This will protect you in case of any questions about your syringes, or in case you lose them and need replacements.
- **Always carry fast-acting sugar.**
- Carry food for one day in case of delayed flights or meals (e.g. cheese, crackers, fruit juice).
- If you use a pump, be sure you take the COPEDS Travel/Emergency kit.
- If your stay is going to be lengthy, you may want to locate a diabetes specialist in town. Call the nearest hospital, and ask the diabetes nurse to recommend one.

WHILE TRAVELING

- If you are traveling by plane, notify the airline 24 hours in advance for a special diet order. Tell the flight attendant that you have diabetes. **CARRY ALL MEDICATIONS WITH YOU ON THE PLANE.**
- Keep active while in transit. If you are traveling by car, stop every so often and take a walk for at least five minutes. On a train, walk through the cars now and then. On a bus, take advantage of stopovers by getting out and walking around to stretch cramped muscles.
- On car trips, carry food in case of an emergency. A flat tire or mechanical failure may leave you stranded far from a restaurant at your scheduled mealtime.
- Make sure that traveling companions know the signs of an insulin reaction and how to help your with fast-acting sugars.
- Always wear or carry some form of medical identification. A tag, bracelet, or necklace with the medical emblem is best.

WHEN YOU GET THERE

- Keep copies of the address and telephone number of your doctor near your hotel-room phone and in your wallet or purse. That way, if you need medical attention you won't have to waste time searching for this information.
 - You can eat anywhere, but full-service restaurants are usually more compatible with your need for a balanced diet. Don't wait until the last minute to order from room service. Order at least 30 minutes before your scheduled mealtime.
 - In South or Central America, Asia, and Africa, avoid the following: raw meats, milk, ice cream, cream sauces, soft cheese, water or ice cubes, peeled fruits, and lettuce and other leafy vegetables.
 - Always carry small cans of juice, dried fruit, peanut butter, crackers, or packaged cheese and crackers. These snacks can be a substitute meal if necessary.
 - Don't overexpose your skin the first few days you spend in the sun. Apply sunscreen to protect, slip on a T-shirt, and wear a hat!
 - Always wear or carry some form of medical identification. A tag, bracelet, or necklace with the medical emblem is best.
 - If you are ill during a trip, remember your rules for sick day management (check blood sugar frequently and test urine for ketones). Ice chips or sips of regular (not diet) cola or ginger ale are good for nausea. Try to take some every hour. You may also try cereal, milk, ice cream, tea, toast, broth, and soups to replace full meals. If your urine tests are all positive for ketones, or your blood sugars remain high, call for help.
 - You may need to adjust insulin or food according to your activity level. Bike riding, swimming, and walking tours burn up a lot of calories. To be safe, check your blood sugar frequently.
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TRAVELING ACROSS TIME ZONES

When planning a trip that involves crossing time zones, consult Dr. Zipf or Patty Graves about how to adjust your meal and insulin schedules.

TRAVELING EAST will shorten your day and decrease your insulin needs. We generally recommend that you decrease your total dose by 20% the day of travel. When you “wake up” at the new time zone begin your usual meal and insulin schedule.

TRAVELING WEST lengthens the day and increases overall insulin needs. Some people add Regular or Humalog to cover the extra meal they may have in the new time zone.

FLYING WITH DIABETES

The TRANSPORTATION SAFETY ADMINISTRATION (<http://www.tsa.dot.gov/public/index.jsp>) offers the following advice for persons with diabetes when flying:

- Notify the screener that you have diabetes and are carrying your supplies with you.
- Make sure insulin (vials or outer box of individual doses), jet injectors, pens, infusers, and preloaded syringes are marked properly (professionally printed label identifying the medication or manufacturer's name or pharmaceutical label)
- There is no limitation on the number of empty syringes that you will be allowed to carry through the security checkpoint; however you must have insulin with you in order to carry empty syringes through the checkpoint.
- Lancets, blood glucose meters, blood glucose test strips can be carried through the security checkpoint.
- Notify screeners if you're wearing an insulin pump and ask if they will visually inspect the pump since it cannot be removed from your person.
- Insulin pumps and supplies must be accompanied by insulin with professionally printed labels described above.
- In the event you encounter problems boarding a flight, you should contact the FAA Grounds Security Commissioner at the airport for assistance.