

Travel Tips for People with Diabetes




Hôpital universitaire
Academic Hospital

Planning ahead is the key to a successful trip. This is particularly true for people with diabetes. A little forethought will take you a long way and help keep you healthy once you are there.

- **Plan ahead.** Tell your travel agent that you have diabetes and explain some of the particular requirements that travelling with diabetes entails.
- **Visit your doctor or diabetes educator.** Discuss your itinerary with your healthcare team and work out plans for your meals and medication.
- **Get any required vaccination at least four weeks before you travel.** If done ahead of time you will have enough time to deal with any possible side effects.
- **Ask for a list of your medications from your pharmacist.** This includes the commercial and generic names as well as dosages.
- **Have a written note from your doctor.** The note should state that you are allowed to carry medicines and supplies (e.g.: needles).
- **Identification.** Take your identification with you that explains your condition in case you are unable to speak for yourself.

Medical Insurance

Medical insurance is very important when travelling, whether you have diabetes or not.

- Purchase medical insurance for your trip.
 - Talk to your medical insurance representative. Ask them what is covered in your medical insurance plan.
 - Read the fine print. Sometimes if adjustments are made to medication or insulin within three months of the date of travel, you may no longer be covered.
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Packing

Here are a few useful items to bring when travelling.

- **Pack your medication and diabetes related supplies in your carry-on luggage.** Luggage can be lost.
- **Take extra supplies and medication.** Medication and supplies can be lost, stolen or accidentally destroyed.
- **Pack other supplies you may need.** This includes treatment for low blood sugar, walking shoes, sunscreen and medication for nausea and diarrhea.

Insulin Storage

Insulin must be stored properly.

- Store your insulin in an insulated bag or cooled thermos, especially if you are travelling in hot weather.
 - Keep your insulin close to your body or in an insulated bag to keep from freezing if you are travelling in cold weather.
 - Pack an extra pen and syringes. Syringes can be used in an emergency to withdraw insulin from a cartridge. Remember not to insert air into the cartridge.
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Check List

- Medication/insulin
- Medical supplies (syringes, strips, etc.)
- Doctor's note
- List of medication (generic and commercial names)
- Medical insurance
- Identification
- Treatment for low blood sugars (e.g. Dex4 tablets)
- Non perishable snacks
- First aid kit
- Medication for diarrhea
- Medication for nausea/vomiting
- Comfortable shoes
- Sunblock lotion
- Other

**Your healthcare team is available to answer your questions.
Do not hesitate to discuss details about your health, or your
return home.**

713 Montreal Road, Ottawa, Ontario

T 613.746.4621

hospitalmontfort.com

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