



Traveling Safely With Type 2 Diabetes

A little planning may help keep you on track for future travel arrangements.

Diabetes may not have to hold you back

If you enjoy traveling, living with type 2 diabetes does not have to stop you from doing it. As long as you plan for your condition, you may go almost wherever you wish.



Plan ahead

- Make an appointment to see your diabetes care team a few weeks before you depart. Make sure your ABCs: **A**1C, **B**lood pressure, and **C**holesterol—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 and why you need your medical supplies.
- Carry or wear medical identification that indicates that you have diabetes. Carry contact information for your physician. The information should be written in the language of every country you'll be visiting
- Plan for changes in time zones and schedules that affect meal and snack times. Talk with your diabetes care 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 glucose 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 glucose 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 cooler with cold packs. With all of 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 bag gets lost
- Separate your diabetes-related items from other belongings and declare them before screening begins. Ask for a hand inspection since insulin pumps or continuous glucose monitors (CGMs) could be damaged by X-ray machines
- Whenever possible, 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
 - Unused syringes when accompanied by insulin or other injectable medication
 - Used syringes (in a hard-surface container)
 - Liquids (including water or juice)



Helpful tip for crossing time zones:

Traveling east results in a shorter day, while traveling west creates a longer day. You may need to adjust your insulin intake based on the time zone.

Your doctor can help you create an injection schedule based on your flight and trip itinerary when crossing time zones.



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Avoiding changes in blood glucose levels

Travel may bring about changes in your blood glucose levels, even if it's usually within your target range. So check your blood glucose levels 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 glucose levels.

To reduce your risk of low blood glucose levels:

- Always bring an easy to carry snack 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 glucose levels drops, be sure to pack glucose tablets or hard candies that you can chew quickly

Once you arrive:

- If the weather is extreme, ensure insulin, blood glucose monitors, CGMs, insulin pumps, and other diabetes equipment are not stored in a hot car or in direct sunlight. Consider putting your insulin in an insulin cooling case
- Be mindful that high temperatures, sunburn, and dehydration could potentially affect blood glucose levels
- If your trip is packed with events that put you off your routine, set the alarm on your phone to stay on track with checking your blood glucose
- Asking for an ingredient list for unfamiliar dishes will allow you to confidently enjoy new foods that won't throw off your diabetes management
- Keep a close eye on the condition of your feet. Additional time roaming around a new city can lead to blisters or cuts on your feet. It's important to pack appropriate footwear even for walking on the beach

- 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 visit your airline's website to see about requesting 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



Traveling to another country?

If traveling to another country consider keeping a few key phrases in the local language in an easily accessible location.

- I have diabetes
- I need sugar
- Where is the nearest pharmacy?
- Sugar or fruit juice, please

As you head out on your travels, always keep in mind that **diabetes is also along for the journey**, regardless of your destination. By speaking with your healthcare professional and making informed and thoughtful choices, you can make **your trip as smooth and enjoyable as possible.**

Visit www.NovoCare.com for additional resources and helpful information! Point your smartphone camera at the QR code for quick access to the website on your phone.

No data will be collected by scanning the QR code.



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