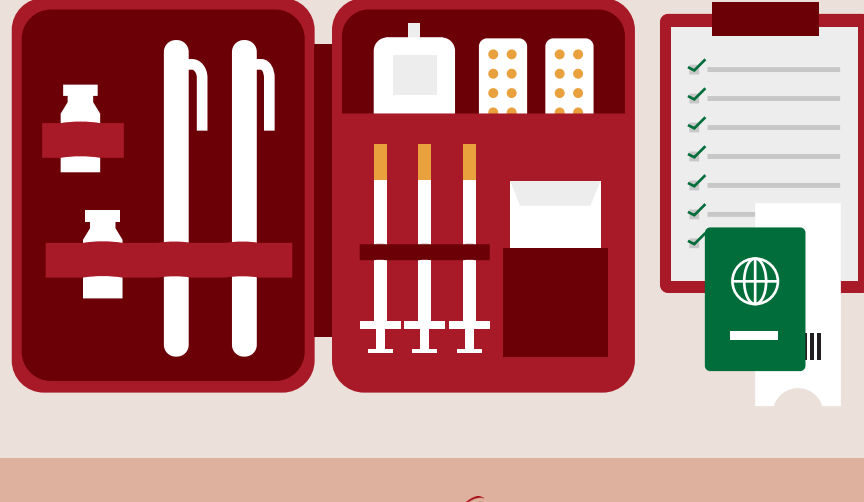


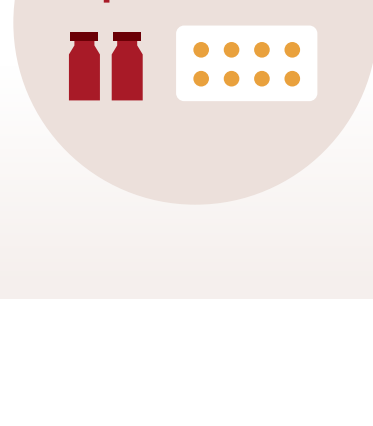
TRAVELLING WITH DIABETES



BROUGHT TO YOU BY 

SHORT TRIPS

For the traveling diabetic, overnight stays and short trips should not cause any real anxieties.

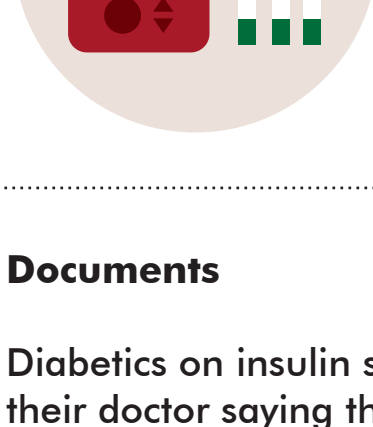


Take all your normal kit and medications with you.

Remember to take your long-acting insulin with you as well (if you use it) if you don't carry it with you everyday.

LONG TRIPS

Longer trips and overseas travel need a bit more forethought and planning.

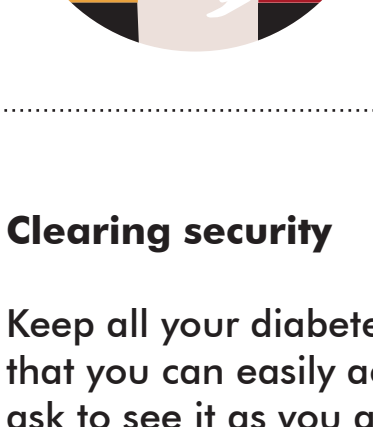
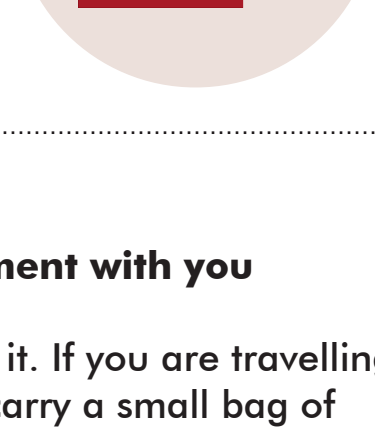


Two weeks' before you go check your supplies

Do you have enough blood test strips, insulin and hypo treatments to last you? Order any extras you may need from your GP.

Documents

Diabetics on insulin should carry a note with them from their doctor saying that they have diabetes and are on medication. A pump user may need an additional letter from their hospital or clinic saying they have diabetes and are on an insulin pump.

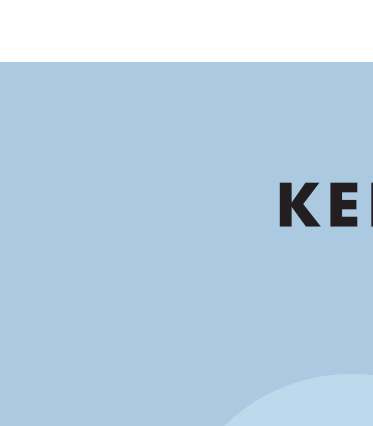
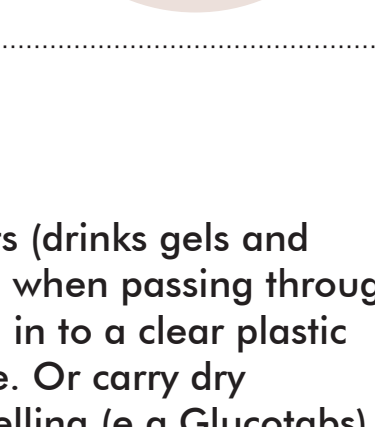


Keep all your diabetes equipment with you

The last thing you need is to lose it. If you are travelling with someone else, ask them to carry a small bag of basic kit in case you lose yours.

Clearing security

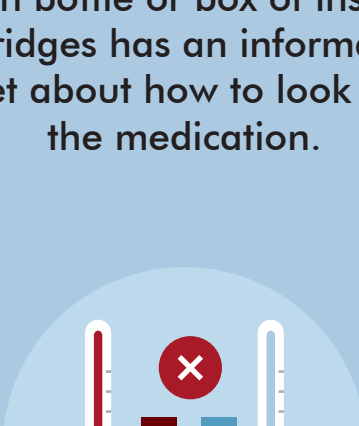
Keep all your diabetes kit and medication in one place that you can easily access and show to anyone who may ask to see it as you go through security.



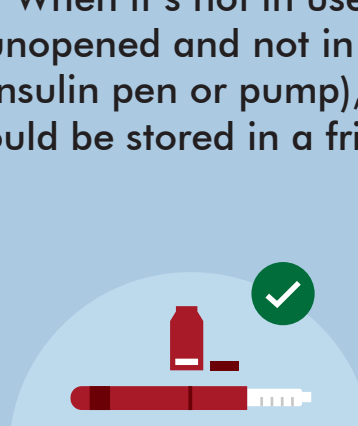
Hypo treatments

If you carry liquid hypo treatments (drinks gels and syrups) you need to declare them when passing through security so allow for putting them in to a clear plastic bag as part of your hand luggage. Or carry dry alternatives if possible when travelling (e.g. Glucotabs).

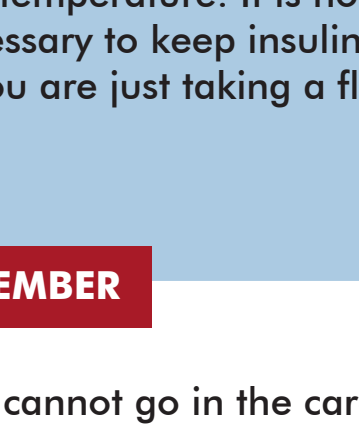
KEEPING INSULIN COOL



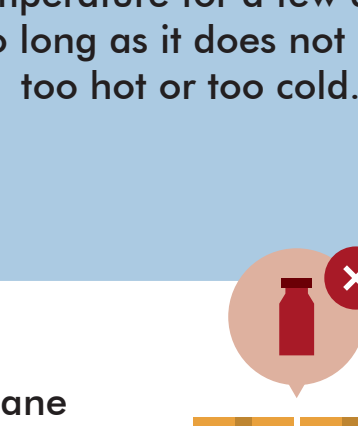
Each bottle or box of insulin cartridges has an information sheet about how to look after the medication.



When it's not in use (unopened and not in an insulin pen or pump), it should be stored in a fridge.



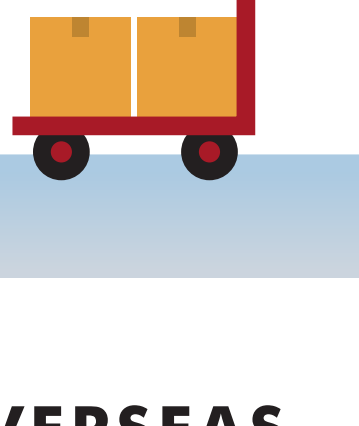
Always keep insulin away from exposure to extremes of temperature. It is not necessary to keep insulin cool if you are just taking a flight.



If it's in use the insulin should be fine at room temperature for a few days so long as it does not get too hot or too cold.

REMEMBER

Insulin cannot go in the cargo hold of an airplane (it may freeze which can deactivate it.)



TIPS FOR TRAVELLING OVERSEAS



Get the address of the British Consulate in the country you are visiting and have that handy in case you need advice from people who speak your language and know the local culture.



If you are traveling with people whom you do not know well, tell them you have diabetes in case they are taken ill, so they can help you.



Keep a hypo treatment handy at all times – new cultures and new foods may lead to a few highs and lows so be prepared. Keep testing to stay safe and enjoy yourself!

For regular articles on travel and food, visit www.desang-magazine.co.uk

A DIABETIC TRAVELLER'S CHECK LIST

To keep all your diabetes kit safe and in one place, see the Desang range of kitbags on www.desang.net

For insulin injectors

- Lancing device
- Blood test meter & strips
- Hypo treatment
- Insulin cartridges
- Insulin pens (long-acting and short-acting)
- Needles

For insulin pump users

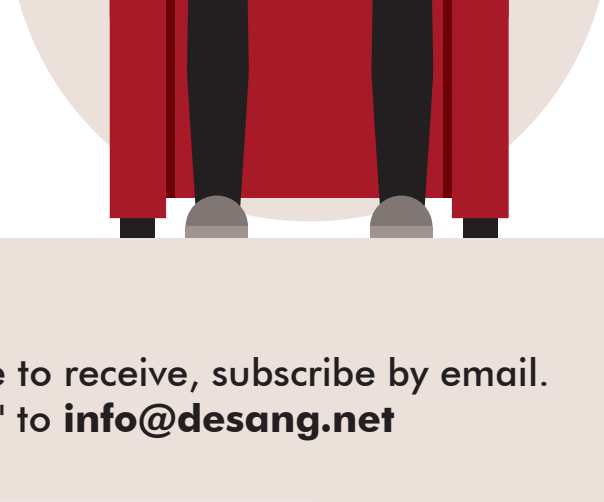
- Reservoirs
- Infusion sets
- Infusion set inserter
- Bottles of insulin
- Blood test meter & strips
- Batteries for pump
- Lancing device
- Blood test sensors
- Charger (if required)
- Skin Tac (or similar) possibly Opsite Flexifit (or similar) for extra adhesion
- Pump wear (pump belt, pump tee, waterproof pouch, etc, for all your holiday clothing needs)

For CGM Users

- Spare sensors
- Plasters or similar for adhesion
- CGM inserter

You may want to take spare items to take on trips, such as:

A spare blood test machine; spare CGM sensors (and sensor charger and inserter if required); spare insulin & insulin pen; spare batteries; spare needles; spare hypo treatment; spare food you are familiar with.



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www.desang-magazine.co.uk