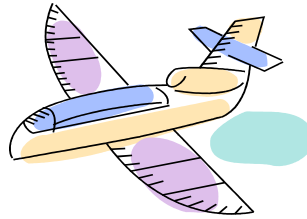


Travel with an insulin pump



Carry everything that you need on board the airplane. See list on reverse. Additional items may also be packed in checked luggage, but all insulin should be carried with you because it may be exposed to extreme temperatures in transit.

Write down your current basal rates and carry this in a safe place. Also write down instructions for how much insulin to give if disconnected from the pump.

Meters and pumps will pass through X-ray at Customs safely. If questioned, ask if the screener wishes to visually inspect your insulin pump. Explain that you cannot remove it from your body. "Meter Option" should be turned off while onboard the plane.

Be prepared for higher BG while traveling. Test often and stay hydrated.

Insulin may not last as long out of the fridge in a hot country. If crystals form in the bottle, throw it away.

In Canada, we use U100 insulin. Other countries may use U40 insulin. Your pump and syringes are meant to be used with U100 insulin only.

Crossing time zones is easy to manage with an insulin pump. Upon arrival at your destination, set the pump clock to local time.

Test often. Include some testing through the night until your BG levels are stable.

Additional Tips

- Sign up for IAMAT (www.iamat.org). This organization provides English medical assistance in other countries.
- Know a few phrases in the language of the country you are visiting: "I have diabetes". "I need juice." "I need a hospital/doctor."
- Carry a letter from your doctor confirming your need to carry meter/pump/needles/insulin and other supplies with you.

Other considerations: travel health insurance, first aid kit, sunscreen, insect repellent, pain medication, anti-nausea and anti-diarrhea pills, comfortable walking shoes, bottled water or portable water filter, carbohydrate counting book

Did you know....

The Canadian Diabetes Association partners with Ingle Insurance to offer travel insurance. Call 1-800-BANTING (226-8464) or contact your local branch of the Canadian Diabetes Association for details.

Supply List

- ☐ BG meter and test strips
- ☐ Logbook
- ☐ Pump supplies (pack more than you usually use)
- ☐ Ketone test strips
- ☐ Quick sugar
- ☐ Insulin (double usual supply) – carry this in a zip-lock bag for easy viewing
- ☐ Syringes
- ☐ Spare pump, pre-programmed with current settings and spare BG meter
- ☐ Extra batteries for meter and pump
- ☐ Extra food (crackers, granola bars, “fruit to go”,....)
- ☐ Glucagon kit
- ☐ ID card / Medic alert bracelet
- ☐ Travel letter with medication list and contact numbers for health care team

For more information about diabetes and travel visit:

<http://www.diabetes.ca/diabetes-and-you/living/guidelines/travel/>

