

Diabetes, Insulin and Travel



Things to consider



- Getting ready
- Managing the journey
- Insulin and time zones
- On holiday!
- Useful contacts and information

Getting ready



- Necessary travel? Medical care abroad? Medication holiday?
- Travel insurance (E111?) D-UK deals.
- Vaccination. 8 weeks in advance
- Pack TWICE the insulin and supplies than usually needed.
- Source supplies of meds (pharmaceutical company) if long trip
- Letters; insulin letter (undated)/ list of medications. Insulin passport
- Pack a meter (or two!)

Cool bags “evaporative device, cool and safe, within safe temperatures of 18-26°C (64.4-78.8°F) for a minimum of 45 hours, even in a constant environmental temperature of 37.8°C (100°F)”



- (FRIO medical)



Useful phrases/glucose numbers?



- Que tiene diabetes
- Ich habe Diabetes
- J'ai le diabète
- 我有糖尿病使
Translation app?

- Note: In some countries, blood glucose is measured in milligrams per 100 millilitres (expressed as mg/dl) and not in millimoles per litre (mmol/l).

- X by 18.....

mmol/l	mg/dl	mmol/l	mg/dl
1	18	13	234
2	36	14	252
3	54	15	270
4	72	16	288
5	90	17	306
6	108	18	324
7	126	19	343
8	144	20	360
9	162	21	378
10	180	22	396
11	198	23	414
12	216	24	432

On the plane/ferry/train

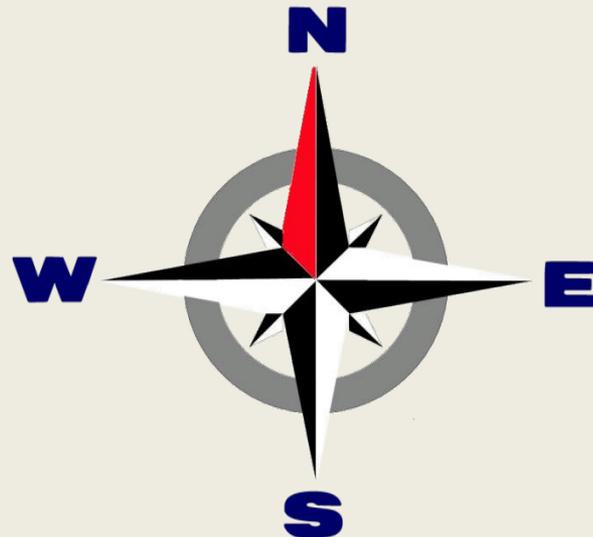


- Keep insulin, needles and lancets in hand luggage, standard sized clear plastic bag (don't forget the letter and prescription list!)
- Share supplies with your travel companion
- Modern airlines use freeze dry fridges, not suitable for insulin
- No need for a “special meal”
- Hypo treatment, snacks
- Tell the nice air stewardess if travelling alone and prone to hypos

Long haul and insulin?



- < 4 hours time difference = no changes
 - > 4 hours time difference = it depends!
- East – West?.....West = East?



N.E.S.W



- East to West

- Longer day
- Insulin levels drop
- Glucose can rise, not so bad.....?

- West to East

- Shorter day
- Injections too close together
- Risk of hypos, very bad!!!

- Hypo treatment
- Snacks (think delays)
- (Don't inject going up!)

On holiday!



- Monitoring – more! Change in activity/family expectations
- Sun, increased absorption. Cold, decreased absorption.
- Meter accuracy/ insulin damaged?
- Lost insulin? Same strength? **Take insulin passport.**
- Alcohol and hypos
- Foot care/foot wear. Flight socks and DVT? (arteriopath?)
- Sick day rules (on top of usual e.g. food and water hygiene)

Resources



- TREND diabetes leaflet (<http://trend-uk.org>)
- Diabetes UK “Diabetes and travelling” (<https://shop.diabetes.org.uk/store>)
- [Diabetes Travel](http://www.diabetestravel.org) <http://www.diabetestravel.org>