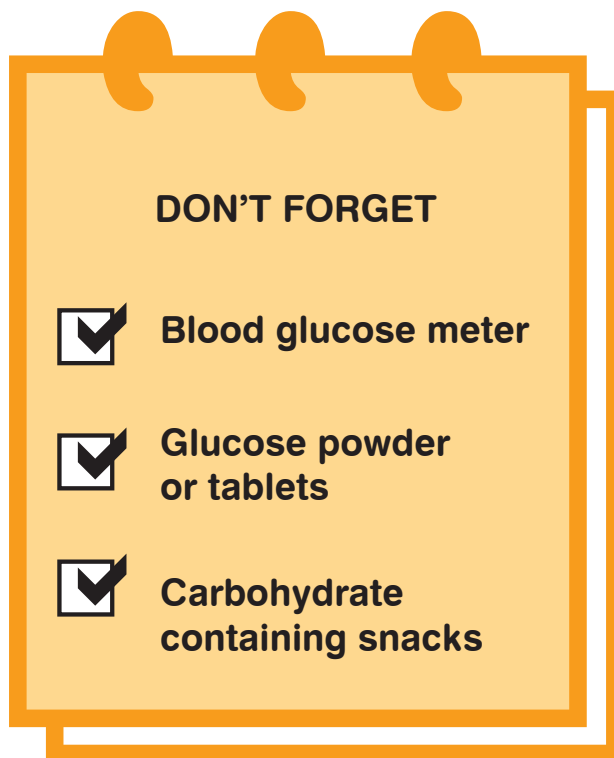


Travelling Checklist



1. Insulins/insulin equipment

- Extra supplies in clear bag in hand luggage. If more than one person is travelling it is a good idea to split the supplies.
- If you have/your child has an insulin pump you may be able to receive a spare one in case of emergency but do still remember to take your other insulin injecting equipment. For airport security information visit: www.medtronicdiabetes.com/lifestyle/travel

2. Blood glucose/blood ketone monitoring equipment

- Extra supplies
- Sick day management guide

3. Glucagen/Glucogel

- Remember to keep Glucagen in a cool place and take six months off the expiry date if unused when you return.

4. An insulin travel wallet or cool bag for keeping medications cool

- Frio pack is recommended: www.friouk.com

5. Travel letters

The DNS will provide a letter to confirm:

- Carriage of insulin and diabetes equipment.
- Insulin pump use if applicable.

6. Diabetes identification

- ALWAYS have something that identifies that you have diabetes and indicates how you are treated in an emergency.

The following websites are recommended:

www.medicalert.org.uk

www.medi-tag.co.uk



DISPOSAL OF SHARPS IS YOUR RESPONSIBILITY.

Take a safeclip with you (available on prescription from your GP).

Emergency Contact Numbers

24 hour emergency helpline - 0131 536 0701 or 0704

Diabetes nurse specialists - 0131 536 0375

(Check UK prefix required from country you are visiting)

Things to remember/consider before travelling

1. Check in advance that your travel insurance covers you/your child for any diabetes treatment that may be required.

- Diabetes UK Insurance Services has created a travel insurance package.
Visit website: www.diabetes.org.uk
- In addition, the **European Health Insurance Card (EHIC)** entitles you/your child to state provided health care for accidents or illnesses within European Economic Area or Switzerland but it will not cover you if you/your child needs to be brought home for medical reasons. It is free and valid for up to five years. This is available from the Post Office or online: www.ehic.org.uk
- You may also require a letter saying you are fit to travel - available from the DNS.

2. Time zone changes

You may need to consider:

- Travelling West - taking basal insulin 2-3 hours earlier the evening before travel.
- Travelling East - taking basal insulin 2-3 hours later the evening before travel.

It is advisable to:

- Discuss with DNS if further advice is required.
- Keep blood glucose records in order to effectively manage holidays in future.

3. Specific countries

- Diabetes UK provide information for individual countries.
- Vaccinations may be required for certain countries - discuss with your GP or travel centre (diabetes should not impact on this).

Visit 'Fit for Travel' NHS website: www.fitfortravel.nhs.uk

4. Extremes of temperature may affect blood glucose control.

- Insulin may be absorbed more quickly in hot weather and increase the risk of hypos.
- The risk of hypos may be increased if you are/your child is very active at a water park or in the pool.
- Keep the blood glucose meter in the shade.

In cold weather:

- Insulin is absorbed more slowly initially, but can be absorbed quickly once you warm up.
- The body also uses up energy staying warm and this can lead to hypos.
- It is important to keep the blood glucose meter in an inside pocket, as cold weather may affect its accuracy.

Insulin adjustments may be needed for holidays.

- If you require advice contact the DNS the week before you are going to travel. Have your recent blood glucose readings and insulin doses ready for this discussion.

- Adjustments to insulin doses may be suggested and it is essential to monitor, record, and make further adjustments as required.
- Keeping accurate records will enable you to manage your diabetes while on holiday.

5. Availability of sugar-free diluting juices may be limited.

6. Travel sickness

- If you are buying travel sickness remedies do inform the pharmacist that you/your child have/has diabetes.

7. Music festivals

- Access a leaflet on music festivals from the website:
www.mydiabetesmyway.scot.nhs.uk