

# Travelling with diabetes



## How to manage travel safely with diabetes

### Take a list of your medications

Take both a hard copy and a digital list of your medicines and equipment. If you use insulin, or an insulin pump you can get a travel letter from your health care team with extra information.

### Take spare supplies

It might be difficult to get extra medication or diabetes supplies if you lose them or your trip gets extended longer than planned.

### Carry medication and supplies in your carry-on luggage

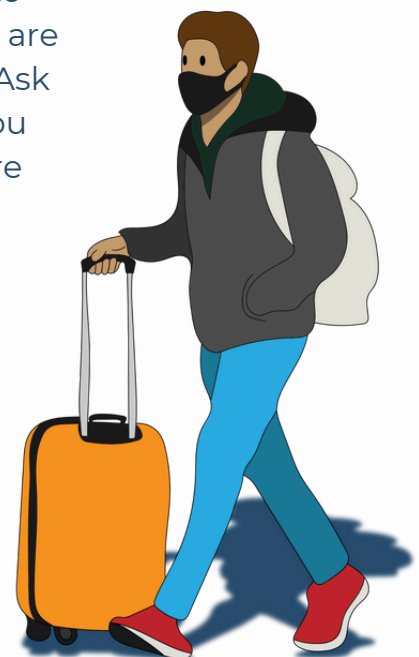
Insulin and other injectable diabetes medicines can freeze in an aeroplane luggage hold. This can ruin / degrade them and cause high blood sugars. Unused insulin should be kept at 2-8°C (35-46°F); in-use insulin / injectable medication can remain at 2-25°C (35-77°F). Luggage can also get lost.

### Continuous glucose monitors (CGM) & Insulin pumps should not be exposed to X-ray or full body scanners

Never remove a CGM or insulin pump from your body to go through a full body scanner / X-ray (metal detectors are fine). You can take a letter explaining this to customs. Ask customs staff not to put any spare CGM sensors that you have packed in carry-on through an X-ray. Putting spare CGM in a clear plastic bag can assist with inspection.

### Have a sick day plan

If you get sick overseas you need to have access to plenty of safe drinking water, electrolytes, food and a place to rest and recover. It is a good idea to have travel insurance in case you need to seek medical attention. Before you go, make sure you know where to get medical help if you need it.



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Letter to complete with your healthcare team

**Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

To whom it may concern,

This letter confirms that \_\_\_\_\_, DOB \_\_\_\_\_ has diabetes and requires the following for continuous management:

- ☐ Oral medications
- ☐ Insulin/injectable diabetes medication
- ☐ Glucometer
- ☐ Continuous glucose monitor (CGM)
- ☐ Insulin pump

Important Information:

- CGMs and insulin pumps must not be removed or disconnected. Certain electronic screening devices (e.g., full-body scanners) may interfere with their function. We request manual inspection instead for the person and their electronic medical devices (CGMs/insulin pump) e.g., pat-down and explosive/drug screening.
- The person will carry essential diabetes supplies in their hand luggage, which may include insulin, injectable medication, and spare CGM sensors.
- Insulin and injectable medications must not be stored in checked luggage due to freezing temperatures. Unused insulin should be kept at 2-8°C (35-46°F); in-use insulin can remain at 2-25°C (35-77°F).

For further clarification, please contact the person's healthcare provider at (+64) \_\_\_\_\_

Signed,