

NORTHLAND DISTRICT HEALTH BOARD

Te Pōwhiri Hauora Ā Rohe O Te Tai Tokerau



Travelling Overseas For People With Diabetes

Overseas travel involves a lot of planning and preparation for all of us. Having diabetes means there are extra things you need to consider and prepare for

- Have vaccinations 5-6 weeks before departure as they can cause a rise in Blood Sugar Levels.
- Wear your medic alert bracelet.
- Carry a letter that explains you have diabetes and the names of your insulin or tablets.
- Ensure you take extra supplies of testing equipment and medication.
- Check the availability of your insulin and testing strips in the country you are travelling to.
- Get medical insurance.
- Put your medical supplies in a clear plastic bag in compliance with new airline regulations.
- Obtain phrase sheet in the language of your destination especially “I have diabetes and take insulin”.
- See your Diabetes Nurse and work together to make a flight and travel plan and get advice regarding timing of your medication and the impact the weather can have on you.
- Ensure travel agent/airline are aware you have diabetes.



*Imagine finding yourself on a flight to Istanbul without your insulin! If careful attention is paid to **planning and preparation**, there is no reason why you shouldn't have a wonderful, exciting and healthy holiday.*

- Go over sick day management again with your Diabetes Nurse.
- Obtain flight itinerary
 - How many hours flight will you have
 - How long are the stop over be
 - When will meals an snacks be served
 - Time changes during your flight
- Carry extra food and snacks with you on the flight and when you are at your destination.
- Keep your supplies with you as hand luggage and split the package with your travel companion.
- Ensure travel companion knows how to treat a hypo.
- Test more regularly at least before each meal.
- Wait for meals to be served before having your insulin.
- Drink plenty of water (Planes can be very dehydrating).
- Ensure you walk up and down the aisle regularly during the flight.



Diabetes Checklist for Travelling

- Blood Glucose Testing Equipment
- Extra Testing Strips And Spare Battery
- Glucose Tablets
- Hypo Kit
- Insulin/Tablets
- Insulin Administration Pen/Syringes
- Ketone Testing Strips
- Thermal/Insulated Container For Storage of Insulin
- Letter From GP/Specialist
- Medic Alert Bracelet
- Flight Plan
- Phrase Sheet
- Medical Kit
(Simple dressings, antiseptic, anti nausea/vomiting medication and anti diarrhoea medication)

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**Diabetes Centre
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