

DIABETES AND TRAVEL

- Having diabetes should not affect your holiday if you planned ahead.
- Speak to your Diabetes Specialist Nurse at least two weeks before you go away.
- Remember to take your identification with you
- Check that you have the appropriate insurance.
- Prepare for the journey, not just the holiday.
- Prepare for the change in climate
- Drink alcohol only in moderation.

Planning Ahead.

If you plan your trip well, you will be able to enjoy your holiday without any problems. Your Diabetes Specialist Nurse is there to help you- Visit your clinic before you go for advice on how to cope.

About Your Destination

Check if you need to have vaccination to go to your destination. Vaccination can temporarily affect your diabetes and you may need to adjust your medication as advised.

Identification

It is important that you carry some form of identification, in case you are ill abroad or if you are questioned when passing through customs. It is advisable to declare your needles and syringes, it is a good idea to take a letter from your clinic which explains the types of insulin and the devices that you use.

The Journey

- Consider whether or not you would like a diabetic meal on the plane or boat or if you need extra snacks.
- Store your insulin in your hand luggage, as it can freeze in the hold of plane.
- Take adequate supply of insulin and if necessary divide it up between your family and friends.
- When crossing time zones keep your injections and meals to your own watch times. Change your watch on arrival and when you arrive back home.
- Travelling often involves delays, so make sure that you have some carbohydrate with you at all times.
- As your routine may change according to your travel plan, try to test your blood more often.

Prepare For A Change In The Climate

- Think about sun safety.
- Keep your insulin out of direct sun light but in a cool place(Cool bag or fridge)
- Monitor your control; a warm climate can cause blood sugars to drop and you may need less medication.
- Drink plenty of water.
- Don't walk barefoot on hot sand or other surfaces.

**If you need further advice from one of the Diabetes specialist nurses,
come to the**

Drop-in Clinic at Hackney Diabetes Centre

Mondays 2.15 – 3.30pm