

Travel tips if you have insulin-controlled diabetes

What should I bear in mind before travelling?



Diabetes is no impediment to travel. With good planning and a few tips, your trip can become a memorable one. It may be difficult to keep to your usual routines when travelling, so here are some aspects which may be worth considering before travelling:

- When travelling, it may be a good idea to measure your blood glucose more frequently.
- You should know how to adapt your mealtime insulin dose to changing mealtimes. It is sometimes necessary to improvise when travelling.
Never take your mealtime insulin until you have your food in front of you!
- Bring extra food with you in case there are delays and waiting times.
- If you are travelling abroad, check the regulations regarding importation of medicines with the embassy of the country.
- Take a certificate stating that you have diabetes and have to take insulin.
- Make sure your insurance is in order in case you fall ill and require medical treatment while travelling.

Tell any travelling companions that you have diabetes, so that you can get help if your blood glucose gets too low.

If you are travelling abroad, what is the situation in the country you are going to?

- How good is access to food?
- Is there a refrigerator in your hotel room?
- Do you have access to healthcare?

Longer trips



Discuss your travel plans and how to manage your insulin in case you fall ill with your diabetes nurse/doctor before you leave. It may be a good idea to take a selection of medications with you.

How should I store my insulin in hot weather?

- Cold storage is important if the temperature is above 30°C (86°F).
- Keep the insulin you are not using in a fridge (should be hotter than +2°C (36°F)).
- Avoid intense sunlight.

Ask your diabetes nurse or pharmacist for a cool bag.

How should I store my insulin in cold weather?

- If it is extremely cold, keep the insulin near your body or in a heated bag.
- The insulin must not freeze, as it loses its effectiveness.

What should I bear in mind before travelling?

When travelling, it may be a good idea to measure your blood glucose more frequently.

When travelling abroad, take a certificate stating that you have diabetes and have to bring insulin with you.

Make sure your insurance is in order in case you fall ill and require medical treatment.

How should I pack?

Pack your insulin in your hand luggage/handbag.

Make sure you have extra food available such as dextrose, fruit, bread and drink.

If you require more information, you can ask your doctor or nurse. You are also welcome to contact Medical Information at Lilly.

Telephone: 08-737 8800
E-mail: scan_medinfo@lilly.com