

Travel with an Insulin Pump

Tips:

Carry everything that you need on board the airplane. See list on the next page. Additional items may also be packed in checked luggage, but all insulin and test strips should be carried with you as it may be exposed to extreme temperatures in transit.

Write down your current basal rates and carry this in a safe place. Also write down instructions for how much insulin to give if disconnected from the pump.

Your pump (and any loaner pump) should not be exposed to X-ray at Customs. If questioned, ask if the screener wishes to visually inspect your insulin pump. Explain that you cannot remove it from your body. The walk through and wand are ok. Communication between meter and pump should be turned off while onboard the plane.

Be prepared for higher blood glucose while travelling. Check blood glucose often and stay hydrated. It's also suggested to check through the night until blood glucose is stable.

Insulin may not last as long out of the fridge in a hot country. If crystals form in the bottle, throw it away.

If needing to purchase insulin in another country, check the strength. In Canada, most insulins are U100. Other countries may use different insulin strengths.

Crossing time zones is easy to manage with an insulin pump. Upon arrival at your destination, set the pump clock to local time.

Other considerations:

Sign up for IAMAT (www.iamat.org). This organization provides English medical assistance in other countries.

Know a few phrases in the language of the country you are visiting: "I have diabetes". "I need juice." "I need a hospital/doctor."

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Carry a letter from your doctor confirming your need to carry a glucometer, pump, needles, insulin and/or other supplies with you.

You may also want to consider travel health insurance. Diabetes Canada partners with Ingle Insurance to offer travel insurance. Call 1-800-BANTING (226-8464) or contact your local Diabetes Canada branch for details.

Supply list:

- Glucometer and test strips
- Logbook
- Pump supplies (pack more than you usually use)
- Ketone strips
- Quick sugar
- Insulin (double usual supply) – carry this in a zip-lock bag for easy viewing
- Syringes
- Spare pump, pre-programmed with current settings and spare glucometer
- Extra batteries for meter and pump
- Extra food (crackers, granola bars, “Fruit to Go”)
- Glucagon kit
- ID card / Medic alert bracelet
- Travel letter, medication list, and contact numbers for health care team
- Other supplies: first aid kit, sunscreen, insect repellent, pain medication, anti-nausea and anti-diarrhea pills, comfortable walking shoes, bottled water or portable water filter, carbohydrate counting resources

For more info visit:

<https://www.diabetes.ca/en-CA/learn-about-diabetes/your-rights/air-travel>

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