

## TRAVELING WITH DIABETES

There are a few other things you need to keep in mind. See below for tips on safe travel.

### *Emergency Checklist:*

Always carry back-up supplies and emergency contact information, up to 2-3 times the supply for the trip (For example, you should have 3 weeks of supplies for a 1 week trip). *Refer to the Traveling Tips: What to Pack handout.*

### *Insulin or Insulin Pump Users:*

You should notify your diabetes care team of the first time you travel, or any other travel you have questions about. You may need to obtain a travel letter to go through TSA security with your diabetes supplies.

Insulin pumps are not recommended to go through conveyer belts or scanners because the insulin pump could malfunction. Plan to bring extra insulin (both long-acting and rapid-acting) and diabetes supplies (including syringes or pen needles) in your carry-on luggage in case of a pump failure or other emergency (see travel checklist for details).

### *In the Event of a Pump Failure:*

1. First, call your insulin pump manufacturer or representative. They may be able to provide you with a loaner insulin pump for emergencies.
2. If you are traveling overseas, check with your insulin pump manufacturer to see if they can ship you an emergency pump to the location you are staying (you may also be able to request a backup pump from the pump company prior to travel).

### *Keep In Mind of Time Changes:*

This can affect your dosing of medications. If you use an insulin pump, you will need to change the time on your pump and meter to match the local time. Alternatively, a travel pattern for the different time settings can be added. Please contact your health care provider or diabetes educator for assistance.

### *Prepare for Change in Food Intake or Habits:*

1. Try your best to count your carbohydrates using the available resources.
2. Use book or electronic resources for carbohydrate counting

3. Take non-perishable 0-30g carbohydrate snack items in your carry-on luggage

*Emergency Prescription Refills:*

Always remember to bring extra supplies! If you run out of your medication while traveling, bring your prescription or used labeled vial and bring it to a pharmacist. They may be able to fill it as a “vacation override” for up to 2 weeks. It is a good idea to keep a copy of your insurance card/information with you if you travel.

**Emergency Contacts**

**Texas Children’s Pediatric Endocrinology: 832-822-3670 option “0”**  
**Texas Children’s Pavilion for Women: 832-826-7500**