



HOLIDAY CHECKLIST

FOR PATIENTS WITH DIABETES

B. Braun Medical Ltd | OPM | Thorncliffe Park | Sheffield | S35 2PW
Tel 0114 225 9000 | Fax 0114 225 9111 | www.bbraun.co.uk

XX-HCD2-05-16

CARRY THE FOLLOWING IN YOUR NORMAL LUGGAGE:



- Addresses of international pharmacies
- Insulin syringes (empties only) and pen
- If applicable, an insulin prescription from your physician
- Replacement batteries for the blood glucose meter and a spare meter
- Information to calculate the typical nutritional values in the vacation country
- If you are travelling with a companion divide your supplies between the two of you

When travelling on long haul trips east or west, take into account time zone differences. Your insulin dose may often have to be adjusted in such circumstances. Consult with your doctor or nurse before you depart.

DEPENDING ON YOUR THERAPY, YOU SHOULD CARRY THE FOLLOWING IN YOUR HAND LUGGAGE:



- A sufficient quantity of insulin and/or diabetes tablets (leave it in the original packaging) in an insulated cool bag
- Any regular medication
- Blood glucose meter with test strips and lancets in sufficient quantities
- Insulin pens and pen needles (or insulin syringes)
- A sufficient quantity of glucose, other fast-acting carbohydrates and long acting carbohydrates
- Urine/blood glucose test strips to check your keytone levels (Type 1 only)
- A letter from your diabetes specialist nurse (or GP Practice), stating that you are a diabetic and what equipment and medication you need with you at all times
- Daily diabetes diary
- Diabetic ID card in English and/or the language of the vacation country
- Always carry insulin with you

Aircraft luggage compartments are frequently too cold. You should therefore keep all insulin, tablets, insulin pens, glucagon syringes and the meter with test strips in your hand luggage, as these items are temperature sensitive.