

# Travel and Diabetes

## Preparing to Travel

We encourage anyone travelling to notify the diabetes team at least 6 weeks before your scheduled departure date to review and/or obtain the following:

### Medical Review

- A medical review or clinic appointment is important to assess your child's current medical condition and diabetes control i.e. Are they fit to travel? Do you need extra scripts for medication? We also encourage you to discuss your travel plans with your GP as your trip may require vaccinations.

### Travel Letter

- Obtain a travel letter from your doctor or diabetes educator- A travel letter is required for airport security or customs and states the individual has diabetes and is carrying essential supplies to manage their condition.

### Flight plan

- A flight plan is required for overseas travel where the time zone change is greater than 4 hours. Flight plans are a guide to your insulin doses to assist adjusting to new times zones.

**Please note:** Flight plan requests need to be received by our Diabetes Educators at least 4 weeks prior to the date of travel. We cannot guarantee this will be completed if appropriate notice is not given. When sending your request, please ensure you include an itinerary of your travel including flight times and duration.

### Travel Insurance

- Consider purchasing travel insurance that will cover any medical expenses, including hospital admission.

### Contact Numbers

- Department of Paediatric Endocrinology and Diabetes (DPED) 8572 3051
- Find the names of English speaking physicians practicing in foreign countries: [www.iamat.org](http://www.iamat.org)
- Insulin Pump Helpline Numbers
- Register with smart traveller website [www.smartraveller.gov.au/](http://www.smartraveller.gov.au/)

## Information for patients, families and carers

### Review your Sick Day Management Plan

- Including your off-pump insulin regime (if required) and mini dose glucagon management. Please liaise with the diabetes team if you require support with this.

### Consider a Diabetes alert bracelet / ID

- **MedicAlert:** <https://www.medicalert.org.au/>
- **Mediband:** <https://www.mediband.com/au/>

### What to Pack

- Two blood glucose meters, and lancets (pack in different bags)
- Continuous Glucose Monitor (CGM) if applicable
- Blood glucose & ketone strips – check expiry date (enough for your trip and extras)
- Insulin (short & long acting) and spare insulin (check expiry date)  
**Please note:** Insulin needs to be in original pharmacy labelled packaging (each box of 5 has a separate label). Store in a cool pack in your carry-on luggage. Insulin and blood glucose test strips should be kept under 30 degrees. The strips will be damaged by temperature extremes.
- Insulin pens & needles (mini dose glucagon)
- Sharps container
- Hypo treatment and Glucagon Hypo Kit (check expiry date)

### If you are on an Insulin Pump

- Extra pump supplies (reservoirs, infusion sets and batteries)
- Spare pump (if possible) call your pump company to discuss getting a loan pump
- Write down pump settings / upload settings (email to yourself)

### Additional Tips When Flying

- Carry all your medication, insulin, glucagon, delivery devices and testing equipment in your carry-on luggage, preferably split between two of your bags in case one goes missing.
- There is no need to order the 'diabetic meal' as these are often low in carbohydrates. Airline menus usually contain a selection of suitable meals. Ask for extra carbohydrate servings if needed.
- Test BGLs according to flight plan, otherwise pre meals and potentially 2am during your flight.
- Keep your diabetes supplies where you can reach them immediately.
- Always take extra carbohydrate snacks and hypo food with you on the plane.
- If your child is on an insulin pump please make sure you change the pump to local time upon arrival at your destination
- If on insulin injections follow flight plan as per your diabetes educator/doctor.

## Information for patients, families and carers

### Going through security:

- Have your flight letter with you.
- Under no circumstance is your CGM, supplies CGM or insulin pump (including loan pump) to be exposed to X-ray, MRI or CT due to the risk of damaging and/or displacing the device. This includes your CGM sensors, transmitters and Insulin Pump, worn on your body or carried in your hand luggage.
- If on a pump (including loan pump) or CGM (including your CGM supplies), keep it on you as you walk through security as stated on the doctors letter and place all other items on the conveyor belt scanners to be x-rayed.

### Checklist for Travel

- Contact the Diabetes Team to discuss your travel arrangements
- Make an appointment with your GP if vaccinations are required
- Have you organised a Flight plan? (if required due to time zone adjustments)
- Have you organise your Travel insurance?
- Have you organised a Travel letter?

### For information



**Department of Paediatric Endocrinology and Diabetes (DPED)**  
**(03) 8572 3051**