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Health Travel Tips



Travel for Diabetic

Contrary to popular belief, travel is possible for people with diabetes. However, it is necessary to plan and prepare for a relaxed and safe trip.

The Planet Traveller offers some carefully picked tips to help you plan and take necessary precautions to ensure that you have a wonderful holiday.

THE PREPARATION

- **Never travel without your meter.** You cannot manage a "sick day" without one.
- **Always keep insulin cool.** Transport your supply in a wide-necked vacuum flask or pack in ice.
- **Always carry some insulin with you** - in your pocket or hand luggage - where it can be reached.
- **Always bring extra supplies of medication** in case your return is delayed. If you are going away for a long time, it's advisable to carry a prescription for refills.
- **Always carry with you a diabetes identification card.** A sudden attack of severe hypoglycemia (low blood sugar) will impair your speech and thinking and the card will enable others to better help you.
- **Carry a letter from your doctor** stating that you are a diabetic on hand. It will explain to customs why you are carrying insulin, syringes, tablets and so on.

VACCINATION & INOCULATION

Some countries require that you have certain immunisations before entering. Have them well in advance of your trip as you may feel unwell after immunisation. Should it happen, controlling your diabetes and looking after your general health would be easier at home.

TRAVELLING BY AIR

- **We recommend you to notify the airline** ahead of time about your condition and have them prepare low calorie meals for you.

- **It is not advisable** to check-in your insulin. It may freeze up in the hold.
- **It is UNSAFE** for your insulin to go through the X - ray machine.
- **Carry extra food with you**, such as biscuits, dried fruit and glucose tablets in case your meals are delayed.
- **Drink plenty of liquids**, but avoid sweet drinks and alcoholic beverages on the flight.

ADJUSTING INSULIN/MEDICATION DOSAGES

- **When you cross time zones**, you may have to adjust your insulin/medication times. It is best to seek medical advice.
- **Your activity level and eating patterns** may change drastically during your trip. Monitoring your blood sugar regularly and carefully will help you keep on top of things.

AT YOUR DESTINATION

- **Store your insulin** in a cool place as soon as possible. Keep it in the refrigerator in your hotel room when you arrive.
- **It would be useful** to know where the nearest medical centres or pharmacies are.

FOOD

You don't have to be overly worried about food overseas. Food in any country consists of the same basic ingredients. Just remember to eat correctly and avoid food and water from unreliable or unhygienic sources. You may wish to familiarise with the food at your destination through guidebooks before departing.

TRAVEL COMPANION

You should inform your travelling companion about your condition. Make sure he knows how to recognise and treat hypoglycemia should it happen to you.