



Take a minute:
Better Discussions
for better diabetes care support

Travel tips for patients with diabetes: key takeaways

The Challenge: When a person with diabetes travels, they may face a number of additional challenges to their diabetes management, including insulin access and storage complications and changes in schedule and activity level.¹

The Opportunity: To help your patients manage their diabetes while traveling, share the following tips as recommended by the CDC¹:

- 1. Pack your diabetes supplies in a carry-on bag.** Consider bringing a smaller bag to have at your seat for insulin, glucose tablets, and snacks.
- 2. Pack twice as much medicine as you think you'll need,** because travel can be unpredictable.
- 3. People with diabetes are exempt from the 3.4-ounce liquid rule for** medicines, fast-acting carbs like juice, and gel packs to keep insulin cool.
- 4. Store medication and diabetes supplies properly** to avoid extreme temperatures:
 - Don't store insulin and diabetes supplies in direct sunlight or in a hot car
 - Keep insulin in a cooler, but don't place it directly on an ice or a gel pack
- 5. When traveling, blood sugar may be out of your target range at first,** but your body should adjust in a few days:
 - Check your blood sugar often, and treat highs or lows as instructed by your doctor or diabetes educator.
 - If you're going to be more active than usual, check your blood sugar before and after and make adjustments to food, activity, and insulin as needed

Examples of good questions to drive patient engagement:

If a patient with diabetes asks about receiving the typhoid vaccine or is preparing for an upcoming trip, use this as an opportunity to ask:

- Where are you traveling? If you have a minute, I can give you some tips on diabetes management while traveling.
- What questions do you have about managing your diabetes while traveling?

1. U.S. Centers for Disease Control and Prevention (CDC). 21 tips for traveling with diabetes. <https://www.cdc.gov/diabetes/library/features/traveling-with-diabetes.html>. Accessed October 8, 2019.

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