

Diabetes and Travel

You can travel anywhere in the world but you should make some extra preparations before you go.

Before you go

- Have any vaccinations that are required for your destination around 8 -12 weeks before travel. These could upset your blood glucose levels for a short while. Ask at your GP surgery for advice about vaccinations.
- Medical attention is free, or you may be able to claim back costs, in European Union countries, providing you have a European Health Insurance Card. An application form for this is available at the Post Office or you can apply for it on-line. If you have a card check it will still be valid when you will be on holiday.
- Treatment under this scheme may not be adequate, so it is essential that you have travel insurance. Your policy must provide adequate cover for your diabetes. Check "pre-existing conditions" for exclusion clauses.

Packing

- Take twice the amount of tablets, insulin, pens, syringes and needles as you think you will use and carry it all in hand luggage. You will need a doctor's letter to take needles, liquid insulin and testing equipment through airport security.
- Carry diabetes identification with you.
- Take a sharps container for disposing of needles etc.
- It may be useful to take a small first-aid kit.
- To protect yourself from the sun remember high factor sunscreen and a hat.

Food and Drink whilst travelling

- Be prepared for tiredness, delays and standing in queues: purchase a supply of food and drinks once you're through airport security.
- Don't order a "Diabetic" meal on the plane as they're very often very low in carbohydrate.

Coping with illness on holiday

- Just as at home, if you are ill on holiday NEVER stop taking your diabetes tablets or insulin. If your illness is making you dehydrated you should not take Metformin tablets or ACE-inhibitors (e.g. ramipril, lisinopril – ask your GP or pharmacist if this advice applies to you) until you are drinking good amounts again.
- If you can't keep down solid food, drink 3 litres of clear fluids per day and replace meals with sweet drinks. If diarrhoea or vomiting persists seek medical attention.

If you are treated with insulin

- Take twice as much insulin as you think you'll need
- Keep your insulin cool and out of direct sunlight – some people use cool packs, ask your diabetes nurse.
- Insulin may be absorbed faster in warm climates so you may be more likely to hypo. Check your blood glucose regularly and have hypo treatments handy!
- If you're travelling outwith the European Union, find out what type of insulin is available just in case you need to get some. Some countries still use a different strength of insulin (U40 instead of U100, which means 40 units per ml of insulin rather than 100 units per ml as we use).
- Contact your Diabetes Nurse if you will be crossing time zones and need information on when to take your insulin.

Happy Holidays!

You can obtain the service of an interpreter or have this document translated in your own language by contacting the interpreting services on 0845 130 1170. These services are available free of charge.

ਤੁਸੀਂ, 0845 130 1170 ਤੇ ਦੁਭਾਸ਼ੀਆ ਸੇਵਾਵਾਂ (interpreting services) ਨੂੰ ਸੰਪਰਕ ਕਰਕੇ ਇਕ ਦੁਭਾਸ਼ੀਏ ਦੀ ਸੇਵਾ ਜਾਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਆਪਣੀ ਬੋਲੀ ਵਿਚ ਅਨੁਵਾਦ ਲੈ ਸਕਦੇ ਹੋ। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

آپ 0845 130 1170 پر انٹریپرٹنگ سروس سے رابطہ کر کے کسی مترجم کی خدمات حاصل کرسکتے ہیں یا اس دستاویز کا ترجمہ اپنی زبان میں کرا سکتے ہیں۔ یہ خدمات مفت دستیاب ہے۔

您可以通過撥打翻譯服務熱線 0845 130 1170 取得翻譯員服務或得到此文件的翻譯版本。 這些服務都是免費的。

Galite prasyti vertejo paslaugu arba gauti sita dokumenta isversta I jusu kalba kreipdamiesi I musu vertimo paslaugu biura skambindami 0845 130 1170. Sitos paslaugos yra nemokamos.

يمكنك الحصول على خدمة الترجمة الفورية أو القيام بترجمة هذه الوثيقة إلى لغتك الأصلية عن طريق الإتصال بخدمات الترجمة الفورية على رقم 0845 130 1170. هذه الخدمات متاحة مجاناً بدون أى مقابل مادي.

Dzwoniąc do biura tłumaczeń pod numer 0845 130 1170 możecie Państwo prosić o tłumacza albo otrzymać ten dokument przetłumaczony na wasz język ojczysty. Powyżej wymienione usługi są darmowe.

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