

# Travel advice for young people with type 1 diabetes

## Patient information

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If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## Travel

Going on holiday is an exciting time, but living with type 1 diabetes means there are a few extra things you need to think about before going away. This is especially important if you are travelling for the first time without your parents/carers.

Make sure you have travel insurance and inform them you have type 1 diabetes. It can sometimes be a bit trickier, but take the time to shop around different companies and find the right cover for you.

Ensure you have some form of medical ID, either on your phone or by wearing something that identifies you have type 1 diabetes (e.g. bracelet, band, necklace, ID card).

Make sure you leave yourself plenty of time to check through your supplies in your diabetes kit before leaving for your holiday. It is recommended you take twice as much as you would usually need for that duration. You can request extra supplies from your GP and make sure you check the expiry date on any equipment you have at home.

Ask your diabetes team for a travel letter if travelling abroad. This will make it easier to get through airport security checks. It is also advisable to contact your airline in advance, to enquire about an extra bag to carry your diabetes supplies.

Depending on where you are travelling, you may need certain travel vaccinations. Visit the NHS website or contact your GP at least eight weeks before travel.

## Notes

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If you wear a Continuous Glucose Monitoring (CGM) device, make sure you still take your finger prick testing equipment with you (along with ketone testing strips).

If you use an insulin pump, make sure you take both long acting and short acting insulin in pen form in the event of a pump failure.

It is also recommended that if you use an insulin pump, you make a note of all your current pump settings in the event of pump failure.

If you use an Omnipod pump, you may be able to obtain a holiday loan handset. Contact Insulet before you travel to ask if this is available.

It is recommended that you take a copy of your current prescription. You can obtain this from your GP.

If you are on Multiple-Daily Injections (MDI), think about the time difference of where you will be travelling to and if you need to think about adjusting the timing of your long acting insulin. Speak to your diabetes team if you need further advice.

It is advised that you purchase an insulated travel pouch to store your insulin in when travelling abroad to ensure it does not get too hot/cold.

Do not forget to change the time on any medical devices.

## Carbohydrate counting when travelling

One of the best things about travelling is getting to try new foods, and having diabetes should not stop you from being able to do this. If you can, try to plan in advance and find out what some of the local foods are that you might like to try as well as their carb content before you go. Have a look at apps such as Carbs and Cals or Nutracheck to help you estimate, or websites and databases that have foods specific to that country.

Make sure that you have snacks and hypo treatment with you while you are travelling just in case there are delays or long gaps between meals.

Be aware that some countries might list carbs differently on the label, compared to how we have it here. Some countries include fibre as part of the total carbohydrate on the label, which we have already subtracted from the total carbohydrate on our labels. Please talk to your dietitian if you have any questions or would like some support to prepare for travelling and carb counting.

## References

Travelling | Breakthrough T1D UK



Travel vaccination advice - NHS (www.nhs.uk)



Travelling with diabetes | Managing your diabetes | Diabetes UK

