

# Win

Against  
Diabetes



# Travelling

When you have diabetes, and especially when you are on insulin therapy, travelling can be challenging. However, with some preparation before your trip, you can keep well while travelling and enjoy yourself too!

## TIPS BEFORE YOU GO

- **Consult the doctor managing your diabetes before you travel**
  - o Discuss your holiday plans with your doctor. Let your doctor know if you are planning any special activities and check whether it is safe to do so, and clarify any questions you may have on how to optimally manage your glucose levels during these activities.
  - o Ensure your blood glucose levels are under control and that you have extra supplies of medications and consumables in case your insulin pen is broken or in case the insulin becomes unusable due to extreme temperatures.
- **Get a travel memo from your doctor stating that:**
  - o You have diabetes
  - o You must hand-carry medications such as insulin and medical supplies such as syringes, insulin pens, glucometers, and other consumables to manage your diabetes
- **Check for time zone and weather differences, the nearest hospital and insurance**
  - o Changing time zones can affect the timing for administering insulin, especially basal insulin. Remember to set an alarm so that basal insulin is administered on time. If you are uncertain about insulin timing changes, ask your doctor before you leave.
  - o Weather differences can affect the storage of your insulin and glucometer.
  - o Check out the locations of hospitals nearby.
  - o Ensure that your travel or medical insurance covers diabetes-related emergencies.



## PACKING CHECKLIST

Always pack more insulin and oral diabetes medications in case your journey is delayed due to unforeseen circumstances. The same goes for other diabetes supplies such as blood glucose monitors, test strips and lancets.

### ☐ Travel documents

- Travel memo
- Prescription from your doctor
- Medik Awas card\*

*\*The Medik Awas card alerts medical personnel to specific medical problems of registrants. It is useful for those with diabetes since it contains important information like your medical conditions and the medications you are on.*

*Speak to your doctor to enrol you in the Medik Awas scheme or visit [www.sma.org.sg](http://www.sma.org.sg) for more information.*

### ☐ Diabetes medications

- Insulin
- Injection needles/insulin pen devices
- Alcohol swabs
- Insulated cooler bag
- Reusable ice gel pack
- Oral diabetes medications or other oral medications (if any)

### ☐ Blood glucose monitoring consumables

- Glucometer
- Batteries
- Test strips
- Lancing device
- Lancet
- Recording log sheet/book

### ☐ Snacks to cope with hypoglycaemia

Changes in your travel itinerary or transportation delays can affect when you have your next meal, and in turn, your medication. It is important to have carbohydrate foods available at hand to treat hypoglycaemia. Have a variety of carbohydrate snacks at hand.

These include:

- **Quick-acting carbohydrates:**  
Fruit juices, sugar-coated jellied sweets and soft drinks (not the diet version)
- **Slow-acting carbohydrates:**  
Bread, biscuits and crackers

## HOW TO PACK YOUR INSULIN

### 1. Pack your insulin in an insulated bag to prevent damage.

Do not check in your insulin, diabetes medication and consumables. Keep them in your hand-carry luggage.

### 2. Follow these steps to help airport security staff process your hand luggage easily:

- Keep your insulin in their original vials.
- Pack your medication separately from your toiletries.
- Have your doctor's letter and prescription on hand.

### 3. To store your insulin properly and keep it cool, you need:

- Insulated cooler bag
- Reusable ice gel packs
- Thin hand towel to wrap around the ice gel packs (if the insulated bag has no compartments)

## Keeping your insulin cool when you travel



Put your insulin in the inner compartment of your insulated bag (to be hand-carried with you on board the plane).



Store the refreezable ice gel pack in the pouch compartment. If there is no compartment to store the ice gel packs, place a hand towel on top of the ice gel pack, and the insulin on top of the towel.



When you arrive at your destination, unopened insulin pens/cartridges/vials should be kept in the fridge.

*Note*

DO NOT CHECK IN YOUR INSULIN AS IT FREEZES IN THE LUGGAGE HOLD.



**More topics are available in the full  
Win Against Diabetes booklet.**

**Scan the QR code for a digital copy.**



[www.singhealth.com.sg/win-against-diabetes](http://www.singhealth.com.sg/win-against-diabetes)



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