



BE PROACTIVE

Travelling

How can I prepare for travel?



See your doctor for a **vaccination, if possible**



Check with your care team on **medication and insulin dosage**



Bring a **medical letter or diabetes** card regarding your diagnosis and medication



Get **insurance** coverage



Put necessary **medication or insulin** items in your carry-on bag

How can I prepare for travel?

Pack these in your carry-on bag



Medication or insulin items
(e.g., insulin pens, vials, pen
needles, syringes, swabs)



Glucometer with test
strips, finger-pricking
device and lancets



Medication for common
illnesses



Sweets to prevent
hypoglycaemia
(low blood sugar)

For short-haul flight or time zone difference of 1 to 2 hours

- Maintain your medication schedule and insulin dosage

For long-haul flight or time zone difference of more than 2 hours

- Discuss with your doctor regarding possible adjustments to your medication schedule and insulin dosage

How can I manage my diabetes while abroad?



Drink plenty of **water**



Watch your **food** and **calorie intake**



Hand carry **sugar-containing sweets**



Always wear **protective shoes**



Hand carry **medication** or **insulin items**



Take **medication** as prescribed



Self-monitor your **blood sugar level** regularly



Know where to **seek help**