

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