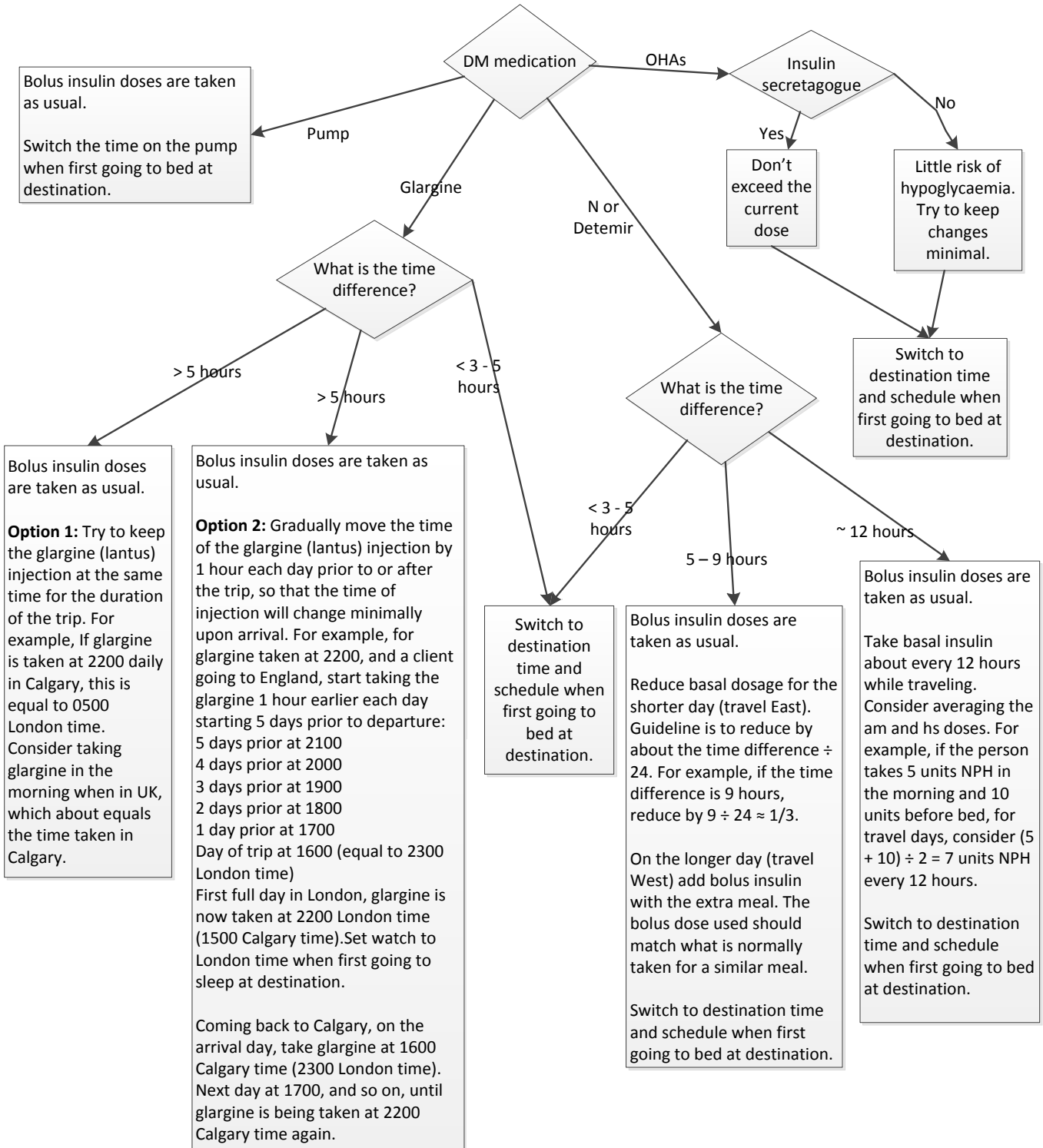


Travel guidelines to consider for people with diabetes

Note: These are guidelines only, and may be considered in the context of individualized needs and abilities.



You are encouraged to complete a Travel Plan Sheet (shown on next page – available for printing in Blackboard – Educator Resources), to look for possible times when insulin peaks may increase risk of hypoglycaemia.

Points to emphasize with clients:

- Take diabetes medications with carry-on luggage. Carry more than you think you will need for the trip. If on insulin, consider ordering a Frio pack (<www.frioinsulincoolingcase.com>) prior to the trip.
- Check BG more often when traveling. Carry snacks and treatments for low BG.
- Carry a travel letter from doctor or Diabetes Centre when going through airport security.

Note: General travel guidelines are available in an AHS handout, "Travel and Diabetes" (Form #605211)

2013 Feb 27

Travel Plan

For: .

Leaving from:

To:

Usual insulin dosages:

Date	Calgary - Time	City- Time	City - Time	Suggested Insulin dose	Comments
	0600				
	0700				
	0800				
	0900				
	1000				
	1100				
	Noon				
	1 pm				
	2 pm				
	3 pm				
	4 pm				
	5 pm				
	6 pm				
	7 pm				
	8 pm				
	9 pm				
	10 pm				
	11 pm				
	Midnight				
	0100				
	0200				
	0300				
	0400				
	0500				
	0600				
	0700				
	0800				
	0900				
	10000				
	1100				
	Noon				

