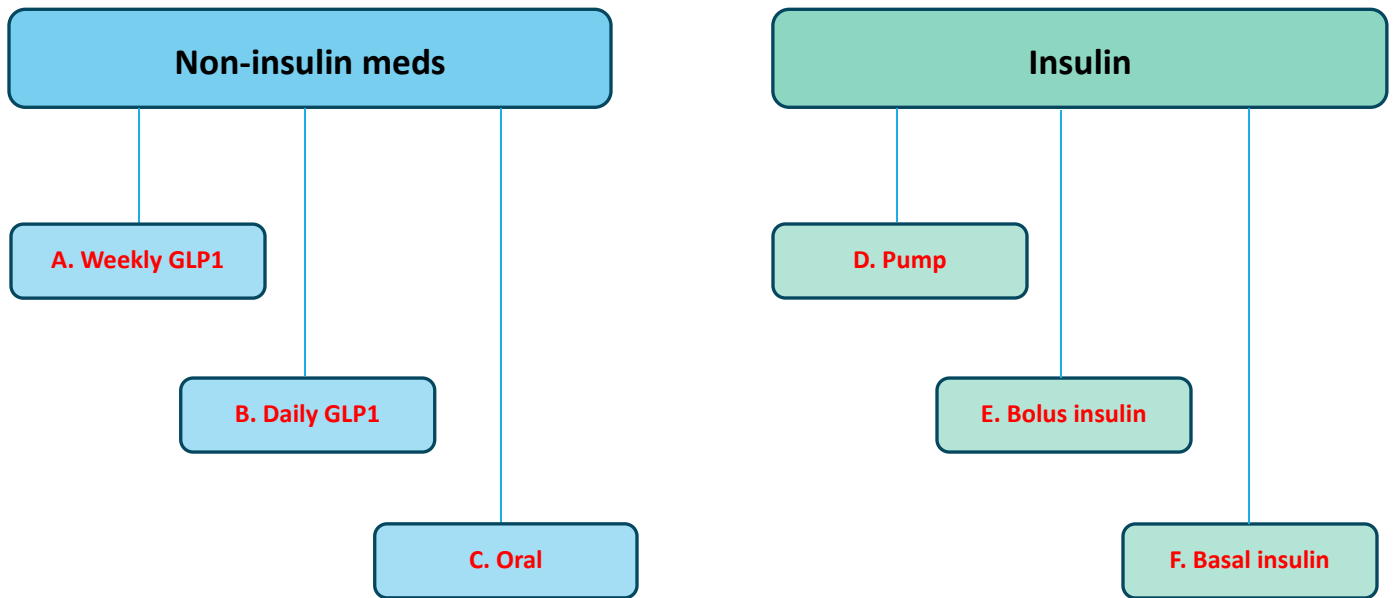


# Medication Adjustments when traveling

LINKS IN **RED** WILL TAKE YOU TO THE INDICATED SECTION. YOU MAY ALSO USE <CTRL> + F TO SEARCH FOR A SPECIFIC WORD IN THE DOCUMENT.



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## A. WEEKLY GLP1

### Semaglutide (Ozempic®), Dulaglutide (Trulicity®)

- No need to make dose adjustments. Take the dose as normally during the week of the trip and each week afterwards. If a dose is missed, take it as soon as remembered as long as it is within **five days (120 hours)** of the missed dose. **Do not double the dose if a dose is missed.**
- New, unused pens should be stored in the refrigerator between 2°C and 8°C (36°F to 46°F). Pens that are in use can be stored at room temperature between 15°C and 30°C (59°F to 86°F) for up to 56 days. Do not freeze pens.

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## B. DAILY GLP1

### Liraglutide (Victoza®, Saxenda®)

- Try to take liraglutide injections at the usual time based on the destination time zone. Keep doses roughly 24 hours apart. If a dose is missed while traveling, skip that dose and take the normal amount at the next dose. **Do not double the dose if a dose is missed.**
- New, unused, liraglutide pens should be stored in the refrigerator between 2°C and 8°C (36°F to 46°F). Unused pens can also be stored at room temperature between 15°C and 30°C (59°F to 86°F) for up to 30 days. Do not freeze pens.

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## C. ORAL DIABETES MEDICATIONS

Switch to the destination time when going to bed at the destination. Take medications at the usual time according to local time. If a dose is missed, take it as soon as remembered, but if it is almost time for the next dose, skip the missed dose.

Keep in mind that **SGLT-2 inhibitors** can cause **increased urination**, so consider how this may impact travel.

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## D. INSULIN PUMP

- Stress the importance of taking extra pump supplies and a safety kit.
- Review a [plan for coming off the pump](#), in case it's necessary.
- Switch the time on the pump to the time zone at the destination upon arrival.

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## E. BOLUS INSULIN

Take bolus insulin as usual, according to meals and local times. If having extra meals due to longer days, take bolus insulin according to the plan for those meals.

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## F. BASAL INSULIN (DEGLUDEC, GLARGINE U100 & U300, DETEMIR, NPH)

### Degludec (Tresiba®)

The day before the trip, take the usual dose of degludec (Tresiba®).

Take the next dose of degludec, at the usual time according to the destination time zone. Ensure there are **at least 8 hours** between doses. Continue taking degludec once a day.

### Glargine U100 (Lantus®, Basaglar®)

- For travel **under 4 h**, take glargine at the usual dose and time according to the destination time zone.
- For time differences of **4 h or more**, adjust as shown:
  - The day before the trip, take glargine at the usual dose and time.
  - Take the next glargine dose about 24 hours after the dose from the previous day. This will be a different hour at the destination.
  - Keep taking glargine insulin at this time during the trip.
  - Once back at home, take insulin at the usual time.

### Glargine U300 (Toujeo®)

- For travel **under 5 h**, take glargine U300 at the usual dose and time according to the destination time zone.
- For time differences of **5 h or more**:
  - The day before the trip, take glargine U300 (Toujeo®) at the usual dose and time.
  - For the next dose of glargine U300, keep it **within about 3 hours** (3 hours before or 3 hours after) of the usual time based on the home time zone. This means that the next dose should be somewhere between 21 and 27 hours after the last dose.
  - Change the time on watch/phone to the new time zone.
  - Continue taking glargine U300 once a day, based on the new timezone.

### Detemir (Levemir®)

- For travel **under 4 h**, take detemir at the usual dose and time according to the destination time zone.
- For time differences of **4 h or more**:
  - Take the detemir dose at the normal time(s) on the day before the trip.

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- Take the next detemir dose at about the usual time interval during the trip (about every 12 or every 24 hours). Adjust the time by up to 3 hours, if necessary, depending on when one would sleep at the destination.
- If on 2 doses per day, and taking a different dose in the morning compared to night, consider averaging out the two doses.
- Keep taking detemir at about the same time(s) during the trip.
- Once back, take insulin at the normal time.

## **NPH (Humulin® N, Novolin® NPH)**

- **NPH traveling East (for time differences of 4 h or more)**
  - **Option 1:**
    - Take NPH dose(s) at the normal time(s) on the day before the trip.
    - Upon arrival at destination, change the time on watch/phone to the new time zone. Take next dose of NPH insulin at the usual hour based on the new time zone (decrease regularly scheduled NPH dose by 4% per hour of flight time. This means that a five-hour flight will require a 20% reduction in NPH insulin for scheduled injections while traveling to account for the shorter day).
  - **Option 2:**
    - Take NPH dose(s) at the usual time(s) on the day before the trip.
    - For the last dose of NPH before leaving, decrease the NPH dose by the hours of time difference divided by 24. For example, an 8-hour time difference will result in a 1/3 reduction in the dosage ( $8 / 24 = 1/3$ ). Therefore, one would take two-thirds of a usual dose.
    - Once at the destination, change the time on watch/phone to the new time zone, and take the usual doses at the usual times, based on local times.
- **NPH traveling West**
  - Take NPH dose(s) at the normal time(s) on the day before the trip.
  - While traveling, continue to take bolus doses with meals as usual. If there is an additional meal due to the longer day, take an extra dose of bolus insulin. Do not make changes to the basal insulin schedule.
  - Switch to destination time and schedule when first going to bed at the destination.

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