

- If you have to inject insulin during the flight, be careful not to inject any air into the insulin bottle as the changes in pressure may make drawing up insulin very difficult.

Advice for traveling abroad

- Learn to say I have diabetes in the language spoken there, or “I need sugar, or juice please”.
- If you’d like a list of English speaking doctors abroad, you can contact the International Association for Medical Assistance to Travelers (IAMAT) www.iamat.org or 716-754-4883

Traveling with insulin

- Insulin keeps longest when stored in a refrigerator, but when traveling it’s okay for it to go without being stored in a refrigerator.
- Make sure you are not keeping it somewhere that it’ll get too hot or too cold such as a car trunk or in a backpack in the heat. If insulin gets very hot or frozen it’ll lose its potency. Always check to see that the medication is not changing consistency, color or getting cloudy if it was clear to begin with.
- Look for travel packs at a pharmacy or online that can be brought with you outdoors if you will be in heat for a long time.
- If you have to get more insulin when you are away, try to stick with the brand you already use. Also keep in mind that in the US, U-100 insulin is used not U-40 or U-80. If you have to get U-40 or U-80 insulin you will need a different syringe.

Resources

<http://www.diabetes.org/living-with-diabetes/treatment-and-care/when-you-travel.html>

<https://www.sjhc.london.on.ca/diabetes-education-centre/patient-handouts>