

MANAGING YOUR DIABETES MEDICATIONS ON THE ROAD

TRANSCRIPT

If you take diabetes medications, you can ensure a safer and more enjoyable travel experience by keeping your medications with you at all times. This means packing them in your carry-on bag so that you have them if your luggage gets lost. Also make sure that you pack plenty of medication, even twice the usual amount is not too much.

“And I also have emergency numbers and phone numbers I can call in case I misplace my medication or get lost, or for some reason I need to get more. I have the resources I can call.”

People who take medications that lower their blood glucose should take a snack because the plane, train or food service itself may be delayed.

If you're going to be traveling through different time zones, meet with your diabetes care team beforehand to discuss how these time changes may impact your eating and medications schedule. They may map out a transition plan that shows when you need to eat and take your medications, either while you're traveling or once you arrive.

If you're leaving the country and you use an injectable medication like insulin, you should carry your doctor's complete contact information and a letter indicating that you have diabetes. This will explain why you have syringes and bottles of liquid with you when you go through customs.

Carry your syringes with your insulin and keep your medications in their original pharmacy box. Before you go, make sure the name on your prescription label matches the name on your airline ticket exactly.

Following these steps helps to ensure a safe and healthy trip no matter where life takes you.