

Blood sugar levels

- Aim to keep your blood sugar levels in a healthy range. Before breakfast aim for levels between 4–7mmols/L. Two hours after meals aim for levels between 4–8mmols/L
- On the day you travel your blood sugar levels may rise due to a reduction in your activity.
- If travelling to warmer climates, your blood sugar levels may fall to lower levels and you may need less medication.
- If travelling to colder climates, your blood sugar levels may rise to higher levels and you may need more medication.

If you are unsure about adjusting your medication, speak to the Diabetes Specialist Nurse who is linked/ attends your practice.

If you fall ill whilst on holiday, your blood sugar levels are likely to rise. If you are not eating properly, you should continue to take your medication as normal. Try and drink a cup of none sugary fluids every hour. Seek medical advice if you are vomiting for 12 hours or more.

Going on holiday



General information on how to care for your feet when on holiday

Preparing for your holiday

Going on holiday is a great time for you and it is important that you continue to care for your feet so that problems don't happen

It is advisable that you ask your Podiatrist, GP or Practice Nurse for advice about footcare before going on holiday

When you are away

- Look at your feet at least twice a day for changes (see list opposite)
- Do not walk barefoot on the sand (this may be very hot and you may tread on a sharp shell etc)
- Apply sun cream to legs and feet regularly including the top of your feet and toes
- If you have no feeling in your feet (neuropathy) avoid **exposing your feet to the sun** wear socks at all times
- It is important to protect your feet by wearing well fitting shoes or sandals (see your podiatrist for advice)
- Continue with your usual care e.g. applying cream to the dry skin on your feet daily

Take a first aid kit that contains

- Dressings (ask your podiatrist for advice)
- Tape
- Antiseptic
- Bandage
- Bottled water (to clean any wound)

When you are away check your feet twice daily for:-

- Cuts
- Changes in colour
- Blisters
- Redness
- Swelling
- Increased temperature
- Areas of open skin
- Sunburn
- Discharge or pus

Always check the inside of your shoes.

If you see any of the above then use the dressings in your first aid kit to cover the affected area and seek **medical attention within 24hours.**

If travelling abroad;

Carry all medications, insulin, injecting devices/ needles, blood testing equipment in your hand luggage.

Carry an ID card/ bracelet or necklace at all times.

Ask your GP for a letter indicating which insulin/ device or tablets you take for diabetes (customs may ask for proof/ confirmation).

Carry a recent list of all your a current medications (as proof), in case you need to obtain a prescription while away.

Check you have appropriate travel insurance (you should inform the company about any problems you may have)

Carry quick acting glucose and a long acting starchy food with you, if you are at risk of hypoglycaemia.