

Medical treatment is free in all EU countries if you have an E111 certificate. These are available from your Post Office, DSS office or many GP surgeries.

However, treatment under this scheme may not be adequate for your diabetes. Make sure you travel with adequate insurance - always check that 'pre-existing conditions' such as diabetes, are not excluded.

Diabetes UK produces up-to-date guides to most countries in the world. These include translations of phrases for use in an emergency. For help phone the Diabetes UK Careline on **0845 1202960**.

If you are taken ill while on holiday

**NEVER STOP YOUR INSULIN OR TABLETS EVEN
IF YOU CANNOT TAKE SOLID FOODS.**

You should discuss managing sickness and diarrhoea with your diabetes care team before travelling.

As a precaution, only drink bottled water, avoid salads and be careful about the hygiene level of restaurants.

**If sickness or diarrhoea persist for 12 - 24 hours
you should**

SEEK MEDICAL ADVICE

Travel and diabetes





You can travel anywhere in the world but if you have diabetes, you will need to make some extra preparations before you set off.

What preparations should you make?

You should have a diabetes identity card or jewellery. Take your repeat medication slip with you or a list of your medications from your GP surgery.

Think about any first-aid supplies you may need. For instance, travel sickness prevention, anti-diarrhoea medication and plasters.

You should have any vaccinations needed for your destination but have these several weeks before your holiday as they may upset your diabetes control for a short while. Contact your local GP surgery for more information.

Depending on your area of travel, you may need anti-malarial medication or water purification tablets. Sun protection cream is essential as is a sun hat. Have a good supply of food and drink in case of delays.

Wear comfortable, well-fitting shoes in case your feet swell in hot weather, or while flying. (Beware of going bare foot, particularly on hot sand).

When travelling, try to be flexible, particularly if you are flying, and don't aim for perfect control.

ABOVE ALL, ENJOY YOUR HOLIDAY!

If you use insulin or check your own blood sugar levels

- Take twice as much insulin, syringes or pens, needles, tablets and testing equipment as you think you will need.
- If you are travelling by plane, **don't put insulin in check-in luggage** (as the temperature is too low in the hold and it may freeze). **Keep all equipment in your hand luggage.**
- You will need to get a letter from your doctor stating why you are carrying blood testing equipment or insulin injection equipment.
- Insulin should be kept out of direct sunlight and kept below 2°C. Use a cool bag or Frio bag to keep your insulin between 2 and 30° whilst travelling. Insulin should not be allowed to freeze as this will make it less effective. If possible keep it refrigerated during your holiday.
- Don't keep insulin in the glove compartment or the boot of a car. These areas can get very hot in summer and cold in winter and this will damage your insulin or meter.
- In warmer climates insulin may be absorbed faster, which may lower your blood sugar. In colder climates insulin may be absorbed more slowly, which may raise your blood sugar.
- If you are crossing time zones, ask for specific advice from your diabetes team several weeks before you leave, as you may need adjustments to your insulin regime.
- Avoid ordering diabetic meals on the plane due to the small starch content. Have the same meal as everyone else.
- Your blood sugar may be raised on flights, as you will not be as active.