

# Travelling With An Insulin Pump

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## How to prepare

- Schedule a visit with your healthcare provider at least 4-6 weeks prior to your trip to discuss your travel itinerary and diabetes treatment plan
- Familiarize yourself with foods of your travel destination and their carbohydrate content
- Create a back-up plan for emergency in case you may not be able to use the pump
- Pack additional pump and diabetes supplies
- Review your medical insurance regarding coverage outside of Canada

## Tips for travel

- Keep food and glucose easily accessible (not in checked luggage or overhead bins)
- Be aware that higher altitudes and warmer temperatures might increase or decrease insulin requirements
- Disconnect your pump during takeoff and landings because cabin pressure changes may cause slight changes to your regular insulin delivery
- Pack medications in original bottles and packaging
- Always monitor!** Changes to your daily routine can cause blood glucose levels to fluctuate more than normal
- Notify airport security that you are wearing an insulin pump and request manual inspection. Do not remove your pump or put it through x-ray.

## Checklist

- A back-up loaner pump
- Infusion sets and cartridges (double what you need)
- Insulin (rapid and long-acting)
- Blood glucose meter, strips and lancets
- Syringes or insulin pens
- A list of current pump settings
- Copies of all prescriptions
- Extra batteries for meter/pump
- Hypoglycemia treatment (glucose tabs, snacks)
- Antibacterial cleanser
- Ketone test strips
- Sharps container