

# 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
- Consider disconnecting your tubed pump during takeoff and landings because cabin pressure changes may cause slight changes to your regular insulin delivery. Please note that this does not apply to Omnipod users.
- 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
- Travel letter from your physician