

BE SUGAR-SMART  
AND TRAVEL-READY:

# 7 TIPS FOR A DIABETES- FRIENDLY TRIP

## 1 GET VACCINATED

- Diabetes can lower your immunity – make vaccinations a priority.
- Common ones to consider: flu, pneumococcal, typhoid and hepatitis B.

## 2 ADJUST FOR TIME-ZONE CHANGES

- Crossing five or more time zones? Adjust your insulin schedule accordingly.
- Eastward and westward travel may need different adjustments in insulin timing and doses. Always consult your doctor for specific advice.
- Have departure and landing times on hand and consult your doctor early.

## 3 PLAN FOR MEALS, SNACKS AND DRINKS

- Research food options at your destination.
- Carry healthy snacks like nuts or protein bars to maintain sugar levels.
- Be cautious with unfamiliar foods, and ask about ingredients when dining out.
- Avoid large swings in sugar, so don't skip meals on long-haul flights or overindulge.

## 5 TRANSPORT AND STORE MEDICATIONS SAFELY

- Keep insulin in your carry-on, never in checked luggage.
- Use an insulated cooler bag to keep insulin cool but not frozen.
- At your destination, place the insulin in the fridge. Don't leave it in direct sunlight or in a hot vehicle.

## 4 MONITOR SUGAR LEVELS MORE OFTEN

- Pack essentials: A blood glucose meter, extra batteries, test strips, lancets for blood testing, and glucose tablets.
- Glucose sensors can pass through metal detectors but should not go through X-ray or full-body scanners. Request a manual security check instead.

## 6 TAKE CARE OF YOUR FEET

- Check feet daily for cuts or blisters.
- Wear comfortable shoes and consider compression socks for long flights.
- Avoid walking barefoot, especially on hot sandy beaches.

## 7 PREPARE FOR EMERGENCIES

- Ensure your travel insurance covers diabetes care.
- Carry a doctor's memo. You could also try learning emergency phrases like "I have diabetes" in the local language.
- Wear a medical ID bracelet for quick identification.

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