

General long haul flight advice

During long flights the airline tries to run the environment so you arrive fresh., So aim to follow their suggestions:

- Eat at their meal times
- Keep hydrated (water)
- Sleep when they turn the lights down

For your Type 1 diabetes

- Check your BGL every 2-3 hours if awake and “correct” as needed
- Have small snack foods with carbs available and have access to hypo-treatment with your carry-on
- Please note that if you book a diabetic meal, it will most likely be a type 2 diabetic low carb meal and your child may not want it!

For your pump

- Your pump basal rates are set to match your time zones, so if you are about to eat dinner then change the pump clock to your usual dinner time, if your are going to sleep then change the clock to your bed time.
- Use temp basals as needed
“(2,4, 6 rule)”
- When you arrive at your destination change to the local time on your pump, watch and BG meter.

Plan Outline /Check List

- 1. General trip planning**
 - See GP for travel medicine if travel medicine planning or vaccinations are required
 - Get travel insurance
 - Take a first AID kit
- 2. Diabetes plan**

Make a diabetes plan for flight and trip

A. Plan/review the following

Pump failure plan	[]
Management during flight	[]
Sick day management	[]
(take your parent’s manual for reference)	

B. Letter for customs and prescription []

Ensure you have a medic alert bracelet or ID []

C. Pack your supplies []

 - 2 Meters and strips available for each, (fingerprickers and lancets)
 - 2 x supplies of insulin with extra
 - 2 separate packs in case one gets lost
 - Including pump cartridges, sites and lines
 - Ketone testing equipment
 - 2 hypo supplies and Glucagen kits with insulin syringe for mini-dose Glucagen
 - ? loan pump from company
 - Pump company: _____
 - Pump Rep contact: _____
 - Pump fail plan insulin: Lantus/Protophane
 - Syringes/insulin pens + needles



Planning for air travel or holidays with your Insulin Pump

Paediatric Endocrinology/Diabetes Service
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Pump failure plan:

Have a written plan with pump settings and insulin to use in case your pump fails:

Insulin type (Novorapid / Humalog/ Apidra)

Total insulin per day _____

Basal Rates _____

ISF

Carb ratios:

Review plan for pump failure =
uLantus/Protophane at time

Pump changes:

If having frequent hypos—TBR of

If having frequent excursions—

If develop ketones—x1.5 or 50% more via
syringe/pen

If vomiting/diarrhoea—

Reminder: 2 of everything!

At least one set of supplies should be in your carry-on luggage (in case your other luggage is lost). Insulin should be in your carryon. Do not pack diabetes supplies into checked luggage.

Pre-Flight

- 12 hours before the flight change the pump cartridge, line, site and battery.
- This will ensure everything is working through the flight. It is hard to change a site on a moving plane.

At the Airport and Security

- Get to the security points early to allow for extra checks if required.
- Keep all diabetes supplies in one bag for easy access for security checks
- Keep your pump on you as you walk through security because the conveyor belt uses x-rays (may affect pump)
- Place all other items on the trays that are passed through the conveyor belt scanners.
- Have your customs medical letter with you if needed (not often needed).
- Security swabs for drugs or explosives are safe and do not affect the pump.

On holiday

Use a TBR of -30% or more if active during the day eg. Fiji swimming, Disneyland days

On take off and landing

There is some research that suggests that the pressure changes that occur when flying may slightly affect insulin delivery from your pump (potentially under a 2 unit delivery if left attached on ascent and vice versa on descent).

Aim to do the following:

Only have 1.5mLs (150 units) of insulin in the pump (so not full)

Take-off and ascent

Disconnect the pump during takeoff and getting to altitude

At cruising altitude., prime the pump and remove any bubbles. You can then reconnect and use the pump.

Landing and descent

Disconnect the pump when the plane is descending to land.

Once landed prime the pump again to remove bubbles, reconnect and use the pump. If high correct as normal.

If you do take your pump off at any time remember to put it back on!

To avoid jetlag we recommend on holiday:

Drink lots of water, eat good meals and look after your diabetes. Normalize your day by:

- A. Going for walks outside.
- B. Stay awake through the day.
- C. Go to bed at your normal time