

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
- When you arrive at your destination-change your watch and BGL meter to the local time

For your Type 1 diabetes

- Check your BGL every 2-3 hours if awake and give extra fast-acting insulin to “correct” high blood glucose levels 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!

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**
 - Management during flight []
 - Sick day management []
 - (take your parents 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
 - Insulin syringes/pens—spare one or two and needles
 - Ketone test equipment
 - 2 hypo supplies and Glucagen kits with insulin syringe for mini-dose Glucagen

To avoid jetlag we recommend on holiday:

Drink lots of water, eat regular 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



Planning for air travel or holidays with your Type 1 diabetes

Paediatric Endocrinology/Diabetes Service
Level 1, Building 4
Greenlane Clinical Centre
214 Green Lane West
Epsom AUCKLAND 1051

Phone: 09 631 0790
or +649 631 0790 (overseas)

E-mail: diabnurse@adhb.govt.nz

Diabetes holiday plan:

Insulin type

Normal insulin doses

Correction doses if high

ISF/correction factor:

Carb ratios:

Review plan for

If having frequent hypos

If having frequent excursions

If develop ketones

If vomiting/diarrhea

Reminder: 2 of everything!

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

Pre-Flight

- Make sure you have your diabetes plan and insulin ready to go 3-4 weeks prior
- You will need to see your G.P. if you need a script and are not booked for a diabetes clinic beforehand

At the Airport and Security

- Carry all the diabetes equipment in one bag for easy access to security searches
- Get to the security points early to allow for extra checks if required.
- Place all items on the trays that are passed through the conveyor belt scanners.
- Have your customs medical letter with you if needed (not often needed).

On holiday

You will need less insulin if active during the day eg. swimming, theme park days

Consider decreasing the total amount by 30-50% similar to an active camp. Check with your diabetes nurse if unsure via diabnurse@adhb.govt.nz

Flight plan:

- If you need a more detailed flight plan please write in the details below and email diabnurse@adhb.govt.nz 2-4 weeks before

Usual insulin doses:

Type:

Units:

Time:

Flight out: Date: _____ time departs:

Flight time: total:

Meals served on flight:

Arrival time:

Stopover? Date: _____ time:

Flight back: Date: _____ time departs:

Flight time total:

Meals served on flight:

Arrival time: