

Travel and Diabetes

1. Most of the patients having diabetes are afraid or confused about traveling (Can I travel?)
2. However by planning and keeping some important things in mind, its easy to travel alone safely with diabetes (You can travel)
3. You can go to far away places for a long period of time as well



Before Travel

Common Challenges



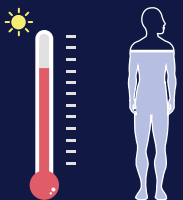
Irregular dietary pattern



Skipping your medication



Changes in sleep pattern



Hot climate and dehydration



Cold climate and frostbite



Sedentary lifestyle



Medical ID bracelet



Traveling bag



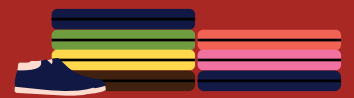
Medical report



Insurance card



Locate pharmacies



Clothing



Insulin and medicines



Consult your doctor before traveling

During Travel



Set an alarm on your phone for taking medicine if you're traveling across time zones

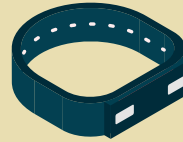


Self-monitor blood sugar level daily



Carry a blood pressure instrument to monitor your blood pressure

Always carry your medical ID/bracelet



Wear comfortable shoes and breathable socks



Carry your medications handy and always carry them with you. It is better to carry your doctor's prescription as well

Have a regular exercise plan during your travel

Check your feet regularly for any injury or infection



Eat healthy food items and avoid unhealthy food items or over eating

Log Book

Carry a blood glucose log book and regularly make entries so that your doctor can give you appropriate advice once you're back



After Travel

Visit your doctor and provide a detailed history of your trip

Hand over the log book/ report book and get your blood pressure and sugar tested

Doctor should also check for any other illness or infection (especially in your feet) that you must have picked up while you were on the trip