

travelling with your insulin pump



1 | before you leave

- **request a travel loaner pump**

Most pump companies have a travel loaner program. Contact them at least 2 weeks ahead of time for details.

- **pack a travel letter**

We can provide you with a letter that states that your pump is a medical device. Many pump companies also offer an airport security card to carry along with your pump.

- **bring extra insulin and supplies**

What if your trip is prolonged? It is always a good idea to be prepared with extra supplies. It is always best to pack as if you are going for twice as long.

- **print your pump settings**

Helpful in case you need to transfer your settings to your loaner pump or switch to injections.

- **pack insulin & supplies in carry on luggage**

Never put insulin in checked baggage as it can be damaged by extreme temperatures. Keep all supplies in their original packaging, including the printed pharmacy label.

- **contact the airline**

Ask for information on their current security requirements and restrictions.

2 | at the airport

- **avoid exposure to x-ray equipment**

The pump should not go through x-ray equipment (used to scan bags & purses). This includes your loaner pump. Instead, request a visual inspection.

3 | on the plane

- **carry snacks & hypoglycemia treatment**

Always be prepared to treat hypoglycemia. Try glucose tablets for their portability. Other easy to travel snacks include whole grain crackers, granola bars and rice cakes.

- **turn off your CGM**

Disconnect the transmitter from the sensor, and turn the CGM feature to **OFF** during the flight. You do not need to remove the glucose sensor from your skin.

4 | once you arrive:

- **set your pump to the local time and date**

This will ensure that your basal rates reflect the correct time for the duration of your trip.

- **test your blood sugar more frequently**

Travel can cause fluctuations in blood sugar for many reasons, including change in schedule, activity level and types of foods.

- **keep cool!**

Keep your insulin and pump out of direct sunlight. Try a FRIO cooling pack - avoid using a freezer pack, as it can freeze your insulin.

- **always wear a medical alert bracelet**

This can be helpful to identify that you have diabetes in a medical emergency, especially when you are in an unfamiliar location.



time off the pump

Before leaving, talk to your diabetes educator about how to best manage time off the pump.

Time off the pump could include time for swimming, snorkeling, scuba diving or doing any other activity where you will need to be disconnected from your pump for an extended period of time.

pump travel supply checklist

- | | | |
|---|--|--|
| <input type="checkbox"/> loaner pump | <input type="checkbox"/> ketone meter and strips | <input type="checkbox"/> contact information for your pump company |
| <input type="checkbox"/> rapid insulin | <input type="checkbox"/> glucagon | <input type="checkbox"/> written prescription for all medications and supplies |
| <input type="checkbox"/> long-acting insulin | <input type="checkbox"/> glucose tablets or other portable hypo treatment (non-liquid) | <input type="checkbox"/> local emergency phone number and location of closest hospital |
| <input type="checkbox"/> insulin pens/syringes | <input type="checkbox"/> medic alert bracelet | <input type="checkbox"/> cooling pack for hot destinations |
| <input type="checkbox"/> infusion sets + extras | <input type="checkbox"/> portable snacks | |
| <input type="checkbox"/> extra batteries | <input type="checkbox"/> airport information card | |
| <input type="checkbox"/> test strips | <input type="checkbox"/> travel letter from LMC | |
| <input type="checkbox"/> glucometer | | |

pump specific information

Medtronic

travel loaner program – for pumps still under warranty, travel loaner is provided at no charge. If the pump is out of warranty, a \$50 fee will apply. Give a minimum of 2 weeks notice to avoid an additional \$50 late processing fee. Loaner pump is available for trips no longer than 90 days. For more information on travel loaner program: http://www.medtronicdiabetes.ca/en/travel_program.html or call customer care at 1-800-284-4416

travel information card: find in the inside pocket of your user guide, or online at

http://www.medtronicdiabetes.com/sites/default/files/library/download-library/workbooks/x23_airport_card.pdf

x-ray equipment: do NOT send your pump or loaner pump through x-ray equipment

CGM: if you are using CGM, you must disconnect your transmitter from the glucose sensor and turn the CGM feature to off on your pump when you are flying.

Animas

vacation loaner program – your pump must be under warranty. A valid credit card is required for a security deposit. Give a minimum of 2 weeks notice before your trip to avoid rush delivery charges. For more information on the vacation loaner program and the Vacation Loaner Pump Request form:

<http://www.animas.ca/support/onetouch-ping-insulin-pump/vacation-loaner> or call customer care at 1-866-406-4844

travel information card: call customer care at 1-866-406-4844

x-ray equipment: do NOT send your pump or loaner pump through x-ray equipment

OmniPod

no current travel loaner program – coming soon!

travel information card – download online at <http://www.myomnipod.com/pdf/14986-AWAirTravelTipsFlyerR2-11-11.pdf>

x-ray equipment: PDM and pods can go through x-ray equipment.

Roche

no current travel loaner program – coming soon!

travel information card: not currently available. Be sure to bring a travel letter from your doctor.

x-ray equipment: do NOT send your pump or loaner pump through x-ray equipment

extra: when boarding the plane, it is recommended to turn off the Bluetooth that connects the pump to the handset. See user guide for instructions. You can still bolus from the pump directly when the Bluetooth is off.