

Going on holiday?

Travelling with an insulin pump - Tips to help you be prepared



Francis Perry, snorkeling with his Animas insulin pump in the Turks and Caicos Islands!

When it comes to travelling with Type 1 diabetes, it's best to follow the Boy Scouts' motto: Be Prepared. Detailed planning and preparation are the keys to an enjoyable and relaxing holiday.

- Schedule an office visit with your diabetes team at least 4-6 weeks prior to departure to discuss your travel itinerary and diabetes treatment plan.
- Animas UK & Ireland offers a speedy pump replacement service direct to your holiday location (for those holidaying in standard European locations**) for replacement within 48 hours***. For customers travelling internationally (i.e. outside of Europe or to remote locations that are not easily accessible by courier), Animas will provide a holiday loaner pump providing we receive at least 2 weeks' notice and there is supply available†. Don't forget to insure your loaner pump before you travel‡.
- Become familiar with foods of your destination and their carbohydrate amount.
- Develop a back-up plan for time off the pump in case of a technical emergency.
- Bring 2-3 times as many pump supplies that you may require, along with long-acting insulin, syringes and/or insulin pens.
- Review your medical insurance regarding medical coverage outside of the UK & Ireland

** Only available for non UK travel

*** Animas make every effort to meet these timelines. Timelines are based on third party courier estimates and animas cannot accept responsibility for late delivery. An insulin back-up plan must be taken on every trip.

† Upon your return, please contact us as soon as possible and we will arrange for the pump to be picked up from you and available for the next customer.

‡ You are liable for the loaner insulin pump if it is lost or stolen.

What to pack in your travel "pumpers kit":

- A back-up holiday loaner pump
- Infusion sets and cartridges
- Insulin (rapid and long-acting)
- Syringes or insulin pens
- Any other medications you require (e.g. Graval®)
- Copies of all prescriptions
- Extra batteries for meter/pump
- Lancing device and lancets
- Sharps container
- Ketone test strips
- Hypoglycemia treatment (glucose tabs, Glucagon, etc.)
- Skin Prep® or other antibacterial cleaner

Travelling with a pump

- Keep food and glucose where they are within easy reach. Don't pack these in your checked luggage or in overhead bins.
- Be aware that higher altitudes and warmer temperatures might decrease or increase insulin requirements.
- Pack medications in original bottles and packaging.
- Monitor, monitor, monitor. Changes in eating and sleeping patterns and activity levels can affect your blood glucose levels.

How do I get my pump through airport security?

- Notify screeners if you are wearing an insulin pump and ask if they will visually inspect the pump since it is attached to your person.
- Your pump should not go through the X-ray screening that is used for carry-on or checked luggage. The new airport screening, Whole Body Imaging Technology, is also a form of X-ray, and you will need to disconnect from the pump at your insertion site if you opt to go through the scan instead of a manual search.

Living with diabetes can be an adventure of its own. By taking the time to organise all of your required supplies and medical care prior to travelling, you can rest easy and take pleasure in your trip away.