

## Patient information

### Diabetes and Travel

#### Diabetes and Endocrinology Department

**People with diabetes are able to have holidays and travel abroad in the same way as everyone else, but you need to plan ahead in more detail.**

Make sure you do not travel abroad without **medical insurance** and check the policy to ensure and make sure it does not exclude “pre-existing conditions”. If in doubt, check with your insurance company.

**Ensure that you have an E111 form when travelling to an EU country.**

**If you are travelling across time zones, you may need to adjust your insulin. Discuss this with your diabetes team before you leave the UK. Your flight times will be required for this.**

You should ensure that you have diabetes identification in the form of a card or identity jewellery. You may also need a travel letter explaining the need to carry needles if you are flying, available from the diabetes centre. Some airlines insist on keeping hold of equipment such as syringes and insulin pens during the flight.

Passengers travelling to the USA **must** contact the airline carrier in advance to confirm policies on carrying syringes, insulin pens and lancets. Letters from medical staff are no longer acceptable when travelling to the USA.

**Carry all of your diabetes equipment in your hand luggage so that it is never separated from you.**

**Do not** put insulin in with your checked-in luggage as it may freeze in the hold of the plane, which will damage the insulin.

Insulin should be kept cool and out of direct sunlight. A cool bag is useful for this but not essential.

Take enough supplies of medication and equipment, and allow for any delays or mishaps that might occur during travel or whilst on holiday.

Take some snacks and drinks with you, for example fruit juice, sandwiches, teacakes etc.

Never walk bare foot when on holiday especially on hot sand.

Always use appropriate sun protection factor cream a minimum of SPF 15 should be used and keep out of the sun during the hottest part of the day.

If you are unsure what to do whilst ill on holiday, especially in relation to upset stomach, seek advice from your diabetes team.

Most of all enjoy your holiday!!

#### **Patient Notes:**

#### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

#### **Further information**

##### **The Diabetes Centre**

**Tel: 0151 706 2829**

**Text phone number: 18001 0151 706 2829**

##### **NHS 111**

**Tel: 111**

##### **The North West Diabetes UK**

**First floor**

**The Boultings  
Winwick Street  
Warrington  
WA2 7TT.  
Tel: 01925 653 281  
E-mail: [nwest@diabetes.org.uk](mailto:nwest@diabetes.org.uk)**

**Diabetes UK  
10 Parkway  
London  
NW1 7AA  
020 7323 1531  
Website [www.diabetes.org.uk](http://www.diabetes.org.uk)**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پئومندیدار بهو نهخوشانهی له لایهن تراستهوه پسهسد کراون، نهگمر داوا بکریت له فؤرماتهکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نهلیکترۆنیکی همیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.