

## Patient information

### Insulin Pump Travel Advice Leaflet

#### Diabetes and Endocrinology Department

This information leaflet has been developed to provide you with advice when travelling abroad with your insulin pump, and to help you prepare for a safe and happy holiday. If you need any further advice please contact your local diabetes care team.

#### **Holiday Insurance**

It is important that you take out holiday insurance to cover any medical problems or accidents when you are abroad. You must declare your diabetes to the insurance company as your diabetes may not be covered if you become unwell.

#### **Hand Luggage**

Please keep your insulin supplies and monitoring equipment in your hand luggage along with a supply of your medications and snacks.

It is important that you carry a letter from your diabetes team on hospital headed paper stating that you have diabetes and use an insulin pump and that you will need to carry necessary supplies.

We always advise that you also take a supply of your insulin pens containing your fast-acting and basal insulin with you to use in case of any emergencies or illness.

#### **Check In and Airport Security**

Your insulin pump can be allowed to go through a standard metal detector but must not go through the X-ray machine, whole body scanners or scanned with electromagnetic wands as electromagnetic fields such as X-ray sources may interfere with your pump causing it to fail.

Explain to the security agent that you are wearing an insulin pump and that it must not go through the X-ray machine, a whole body scanner or be scanned with an electromagnetic wand as it may interfere with the pump's function.

#### **Flying with your Pump**

Please be aware that rapid pressure changes such as taking off and landing can affect your insulin and look out for any air bubbles in your tubing or cartridge.

Check your glucose levels during the flight and keep well hydrated with plenty of fluids.

Remember that you will need to change the time on your pump to that of the new destination that you are travelling to so that your basal rate times match that of your new destination.

You can change the time at any point during your flight but most people make this change when they arrive at their destination to avoid any confusion.

## **On Holiday**

For the first few days of your holiday keep an extra close eye on your glucose levels. Your glucose levels and insulin requirements are likely to change with variations in temperature, activity and diet.

Some pumps are waterproof and are safe to use for swimming. If in doubt please contact your pump supplier or user manual. If your pump is not waterproof you will need to disconnect for no longer than one hour.

When sunbathing we advise that you tuck your pump under a towel to avoid heating of insulin. Remember to take either your urine ketone strips or capillary ketone meter to check for ketones if unwell or if your blood glucose levels are raised.

**In case of mechanical failure of your pump, switch to regular injections of your basal and meal time insulin injections and contact your pump manufacturer helpline immediately.**

## **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**

**If you have any questions please contact:**

**The Diabetes Centre**

**Aintree Hospital**

**Lower Lane Liverpool**

**L9 7al**

**Telephone number: 0151 529 4876**

**Text phone number: 18001 0151 529 4876**

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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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