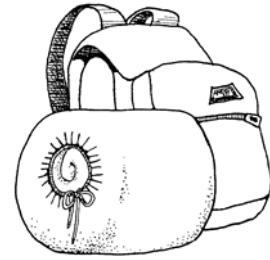


Sleepovers and Travel

Sleep-over Tips

- Before your child goes to a sleepover, your child should be able to:
 - Test blood sugar
 - Test ketones
 - Give insulin (recommended but not required)
- Plan Ahead. Meet face-to-face with other child's parents. Talk to your child and the other child's parents about:
 - Ground rules
 - What your child with diabetes can and cannot do
 - What to do in case of an emergency
 - When to check-in with you
- Teach the other child's parents what to do in case of low blood sugar and how to use glucagon.
- Plan the activities in advance.
- Send a 1-page reference guide with necessary phone numbers, explanation of insulin dosing (if you expect that parent to give a dose), and symptoms of high blood sugar, low blood sugar and ketoacidosis (DKA).
- Be available by phone (and in person if necessary).



Travel, Camping or Long-term Packing

- Leave prescription labels on all supplies.
- Plan ahead for appropriate temperature control of your diabetes supplies, this may need to include a cooler or refrigeration. Avoid freezing insulin.
- **What to Bring:**
 - All diabetes supplies (see checklist)
 - Paper prescription for **all** supplies and medical devices
 - Travel note on doctor's office letterhead. This should state the diagnosis and medical necessity for all medications and medical devices.
 - Copy of medical insurance card and prescription card if applicable.
- If you are flying, **DO NOT** check your diabetes supplies. Pack a diabetes carry-on bag.

Air Travel Tips



- **How to Pack Diabetes Supplies for Flying:**
 - Pack in carry-on luggage, DO NOT CHECK THIS BAG!
 - Place medications in a clear, re-sealable plastic bag.
 - Keep separate from other toiletries or liquids.
 - Insulin is ok to go through x-ray machine.
- **What You Need to Know about Airport Security:**
 - Bring a travel note on doctor's office letterhead. This should state diagnosis and medical necessity for all medications and medical devices.
 - Declare all medical liquids to TSA.
 - Medical liquids can be more than the 3.4 ounce limit, but may need to be un-opened and sealed.
 - You may choose to have diabetes supplies hand-inspected or sent through x-ray machine.
 - **Tell TSA if you are wearing a pump or sensor before the screening process.** Insulin pumps and sensors do not have to be removed or disconnected for TSA screening. You may choose to wear them in the metal detector/ scanner. You may also choose an additional screening (a pat-down). Check with the device manufacturer first to make sure x-ray machines are safe for your particular device.
 - Check with your airline before travel for specific information

I'm changing time zones!

- Keep a logbook and plan your insulin doses accordingly.
 - Travel east makes your travel day shorter. Be careful not to dose Lantus too early or to take too much insulin.
 - Travel west makes your travel day longer. Be careful not to dose Lantus too late. You may need to take more Rapid-acting insulin on this day.
- Know how to change the time in your meter, pump or sensor.
- Always check a blood sugar when you land. Jet lag can sometimes feel like low or high blood sugar.

I'm going overseas!

- Contact your diabetes team to help when planning an overseas trip.
- Use only your prescribed insulin. Other countries may use different types and concentrations of insulin and insulin syringes.
- If you buy syringes, make sure they say U-100.
- Try to find a local doctor or nurse who speaks English before you travel (see resources).
- In an emergency contact the American Consulate, American Express, or local medical schools for a list of doctors that speak English.
- Learn to say "I have diabetes" and "sugar or orange juice, please" in the language of the country you are visiting.

Resources:

1-800-DIABETES for a legal advocate through the American Diabetes Association

TSA Cares **1-855-787-2227** www.tsa.gov/traveler-information/passengers-diabetes

For a list of English-speaking foreign doctors from the International Association for Medical Assistance to Travelers (IAMAT), 1623 Military Road, #279, Niagara Falls, NY 14304 (www.iamat.org) 716-754 4883.

<http://www.diabetes.org/living-with-diabetes/know-your-rights/discrimination/public-accommodations/air-travel-and-diabetes/>

Travel Checklist

Plan ahead: It's a good idea to bring at least twice as much medication and testing materials than you would normally use

Don't assume you can find necessary supplies everywhere you travel.

- Medical Alert necklace, bracelet or identification card
- Glucometer, test strips and lancets
- Extra battery for meter or glucometer charging cable
- Insulin vials, pens or cartridges
- Appropriate sized syringes and/or pen needles
- Pump and sensor supplies, even if a site change is not expected during trip
- Glucagon kit
- Sugar to treat low blood sugar (juice, glucose tablets, glucose gel, etc.)
- Ketone testing supplies
- Bottled water
- Multiple air-tight packaged snacks
- Prescriptions for diabetes supplies and medications
- Travel letter from doctor's office
- First Aid Kit
- Emergency contact numbers: Parents, doctor's office, pharmacy, insurance company, etc.**

Parent(s) Name(s) and Phone Number: _____

My Diabetes Doctor: _____ Phone: 314-454-6051, 314-454-6000 (nights/weekends)

Outside the US, dial the local country's exit code (differs by country) then the US country code (1) before the number.

My Pharmacy and Phone Number: _____

My Insurance and Phone Number: _____

My Pump Company and Phone Number: _____
