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.

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**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.

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**Resources:**

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


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](http://www.iamat.org)) 716-754 4883.

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: ___________________________________________________________