

Patient Information

Holiday Advice

Consider the following:

- Extremes of temperature (i.e. very hot or very cold weather) may affect the way in which insulin is absorbed which may then cause differences in blood glucose levels. For example, in very hot weather insulin can be absorbed more quickly leading to a sudden drop in blood glucose levels.
- If activity is likely to be greatly increased e.g. swimming or skiing, consider reducing your basal insulin after discussion with the Diabetes Team and ensure you carry extra snacks.
- Consider time changes for your flight and discuss with your Diabetes Team.
- **Insulins:** Remember to carry two different sets in separate hand luggage bags.
- Remember to take spare pens, blood ketone meter and strips, Glucogel and a Glucagen Hypokit.
- Remember to carry fast acting glucose and slower release carbohydrates.
- You do not need to order a special meal on the plane.
- You should have all vaccinations, if advised.
- Translation leaflets can be useful and are obtainable from Diabetes UK.
- Diabetes UK holidays are available and the children learn a lot, become more independent and most importantly, have a great time!

The Diabetes Team are happy to supply a “flight letter” explaining why you need to have all of your equipment and insulin on board in your hand luggage.

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