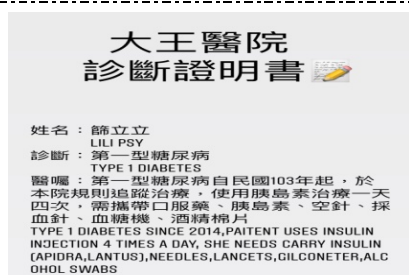


A. Introduction

Travelling can be a great way to nurture the spirit, broaden the horizons and relax the mind, but many diabetics are put off by the fear of their condition. In fact, with proper preparation, diabetics can have a fulfilling and memorable trip.

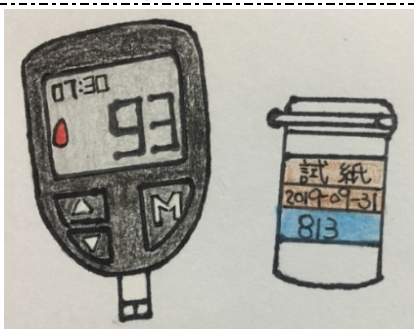
B. Carry your goods with you

1. Treatment documents



Always carry your "Diabetes ID" and "Diabetes Passport" with you, ask doctor for a certification of disease in Chinese or English as well as detailed list of your medications. When in emergency, you can get proper treatment in nearby hospital.

2. Blood glucose machine



Blood glucose machine (with batteries), blood glucose test strips, finger prick and empty bottle for holding the sharpener.

Sometimes meal times are irregular during travel, and with increased activity, changes in blood sugar are not easy to control. It is advisable to test your blood sugar before taking medication.

3. Medicines



Medications including oral hypoglycemic agent, or insulin. Carry twice as much medication and food as you need if you want to prolong your journey.

In addition to oral hypoglycemic agent medication, it is recommended that you

take medication to prevent vomiting and diarrhoea.

4. Insulin



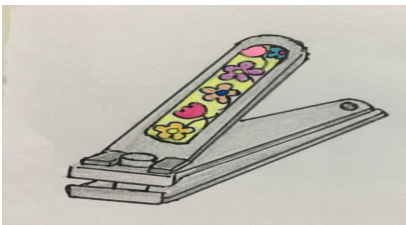
With advances in diabetes care, most insulins are now used in home care in the form of pen insulin, which is more convenient to carry and inject when travelling.

Insulin injection: syringes or insulin pen, pen needles, and alcohol pads. Although the insulin can be stored at room temperature, it will be spoiled if left in either high or low temperature.

If the time difference is less than 4 hours, you may not need to adjust your insulin dose. If you are travelling to an area with a large time difference, it is recommended that you discuss the timing and dosage of your medication with your doctor.

5. Foot protection

✧ Nail clippers



Do not trim your nails too short.

✧ Warm socks



☑ Diabetic neuropathy patients need to prevent frostbite, check your feet daily for injury or frostbite.

✧ Comfortable shoes



☑ Choose old, comfortable and convenient shoes rather than new ones.

6. Biscuits \ Candy



☑ Bring along biscuits and candy to prevent hypoglycaemia as this may affect the timing of regular meals.

C. Precautions of eating outside?

Check the dietician's recommended diet conversion chart and don't skip or eat more than you need to. If you are flying, order a diabetic diet from the airline when you book your flight. Don't indulge just because you're on holiday. Keep sugar-sweetened drinks, coke and milkshakes under control.

Prevent urinary tract infections by drinking appropriate fluids and not holding your urine in. If you find that your blood sugar is too high, try exercising, reducing your intake of carbohydrates or drinking more water, and it is best not to change your insulin dose easily.

D. Other Notes

- (A) After arriving in a city, you should know how to get medical care. Make sure you can seek medical advice as quick as possible when getting sick.
- (B) The concentration of insulin sold in each country is not necessarily the same usually one hundred units per milliliter (cc), especially if you need to buy or supple insulin locally.

E. Conclusion

Patients proper planning and preparation for outings minimises the impact of travel activities on blood glucose, not only does the patient enjoy the trip, but also develops the ability to manage diabetes independently and increases self-confidence. We hope that all of our patients will go out happily and come home safely.

F. References

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Let us take the quiz to make sure you understand

1. When traveling, it is recommended to wear comfortable and soft shoes and to avoid wearing new shoes to prevent friction and injury to the feet.

Yes No Don't know

2. During the journey, there may be delays in meal times. It is advisable to carry biscuits and candies with you to prevent the occurrence of low blood sugar.

Yes No Don't know

3. The purpose of going out is to have a good time, so feel free to indulge in a high-sugar, high-calorie diet.

Yes No Don't know

4. During the travel, if blood sugar are elevated, consider engaging in exercise, reducing carbohydrate intake, or increasing water consumption. Avoid changing insulin dosage without the approval of a physician.

Yes No Don't know

5. When traveling abroad, it is advisable to understand how to access necessary medical care so that prompt medical attention can be sought when needed.

Yes No Don't know