

How can I prepare for travel?

<input type="checkbox"/> See your doctor for a medical check-up and vaccination
<input type="checkbox"/> Get insurance coverage
<input type="checkbox"/> Get a doctor's letter or diabetes card regarding your diagnosis and medication

Pack	Tips
<input type="checkbox"/> Medication or insulin items (e.g. insulin pens, vials, pen needles, syringe, swabs)	<ul style="list-style-type: none"> • Bring at least 50% more medication and twice the number of glucometer strips you need • Order them in advance • When travelling, keep your medication or insulin in an insulated bag and in your carry-on bag • When travelling with insulin, keep it cool and away from direct sunlight and heat • Plan ahead for storage of insulin when abroad
<input type="checkbox"/> Glucometer with test strips, finger-pricking device and lancets	
<input type="checkbox"/> Medication for common illnesses	
<input type="checkbox"/> Sweets to prevent hypoglycaemia (low blood sugar)	

Do I need to adjust my medication schedule and insulin dosage?

- For long-haul flights or when the time zone difference is more than 2 hours, discuss with your doctor or care team regarding possible adjustments to your medication schedule and insulin dosage

Note: Maintain your medication schedule and insulin dosage for short-haul flights or when the time zone difference is 1 to 2 hours

How can I manage my diabetes while abroad



Drink plenty of **water**



Watch your **food** and **calorie** intake



Hand carry **sugar-containing** sweets



Always wear **protective shoes**



Hand carry **medication** or **insulin** items



Take **medication** as prescribed



Self-monitor your blood sugar level regularly



Know where to **seek help**