Sleepovers and Travel

Sleep-over Tips

• Before your child goes to a sleepover, your child should be able to:
  o Test blood sugar
  o Test ketones
  o 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:
  o Ground rules
  o What your child with diabetes can and cannot do
  o What to do in case of an emergency
  o 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:
  o All diabetes supplies (see checklist)
  o Paper prescription for all supplies and medical devices
  o Travel note on doctor’s office letterhead. This should state the diagnosis and medical necessity for all medications and medical devices.
  o 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](http://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](http://www.iamat.org)) 716-754 4883.