

Patient information

Travel guidelines for children who use an insulin pump

Introduction

It is essential that when you travel away from home you always take adequate supplies for your insulin pump as well as insulin in a pen device to use in case of insulin pump failure. It makes no difference if you are travelling abroad or in Great Britain, or what length of time you are away for, you still need to take the same supplies with you.

Take twice as many supplies as you would normally use.

List of things to take:

- Record of basal rates
- Record of your carbohydrate ratios and insulin sensitivity factor (correction dose)
- Degludec, Lantus or Levemir long acting insulin in a pen device with needles
- Novorapid, Fiasp or Humalog short acting insulin with pen device and needles
- Blood glucose testing meter and strips
- Blood ketone testing meter and strips
- Spare cannulas, infusion sets cartridges and batteries for your insulin pump
- Helpline telephone number
- Sick day rules in case of illness
- Hypoglycaemia (low blood sugar) treatment e.g., dextrose tablets and Glucogel
- Spare snacks for the journey in case of delays
- Travel letters from your diabetes team
- Civil Aviation medical device card

Air travel

- All supplies should be kept in your hand luggage. Insulin will freeze if put into the aircraft hold and this stops insulin working.
- Your pump should not be disconnected and put through the baggage scanner as this can damage the pump.
- See manufacturers guidelines for the full body scanners
- Consider a cool bag to keep insulin cool when travelling and whilst on holiday

Changing back to insulin injections if insulin pump fails

If your insulin pump fails you will need to be prepared as you will still need insulin. If this should happen you will need to change back to giving insulin injections.

You must keep a supply of long acting insulin (Degludec, Lantus or Levemir) and short acting insulin (Novorapid, Fiasp or Humalog) in pens or cartridges with a pen device and ensure it is in date.

You should inject the Novorapid/Fiasp/Humalog with meals using the same carbohydrate ratio and correction dose that you have been using with your insulin pump.

To calculate your long acting insulin dose, add up your total basal (background) dose and give this amount of Degludec, Lantus or Levemir insulin once a day.

Contact your insulin pump company to report the insulin pump failure as soon as possible and inform your diabetes team.

My pump company helpline number is.....

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<https://www.accessable.co.uk>

