

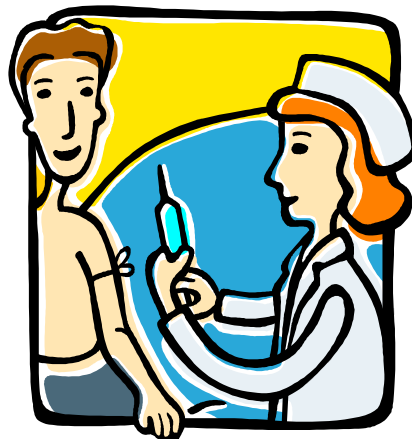
Cystic Fibrosis Related Diabetes and Travel

Modern day travel can be stressful for everyone especially when you have cystic fibrosis related diabetes but with careful preparation you can have a pleasurable trip.



Before you go:

- You may need vaccinations depending on your destination have these several weeks before your holiday as they may upset your diabetes.
- You may need a letter from your GP or diabetes team explaining the need to carry medication, insulin and needles.
- If you are crossing time zones you need advise from you diabetes team before you travel as your insulin may need adjusting.
- Make sure that your policy covers both your CF and diabetes.



What should I take with me?

Item	Notes
Insulin or diabetes tablets	Pack twice your usual amount of medication. Do not leave medication in the glove compartment or boot of a car because these get very hot
Diabetes pens and needles	Make sure you take spare pens in case of breakage. Pack twice your usual amount of needles
Blood Glucose meter	It is a good idea to take spare batteries
Blood testing strips and lancets	Pack twice your usual amount of testing strips and lancets you may use
Diabetes Identification	Carry a identification card or get a letter from GP to confirm you have diabetes
Cool bag	To keep insulin cool during your journey and during your holiday. Cool wallets are available from chemists.
Glucose tablets, hypostop gel	It is important to take these items even if you don't suffer hypoglycaemia often. Make sure that your family and friends know how to treat a hypo.
Small sharps box	Take a small sharps box which is on prescription from your GP.

For your Journey;

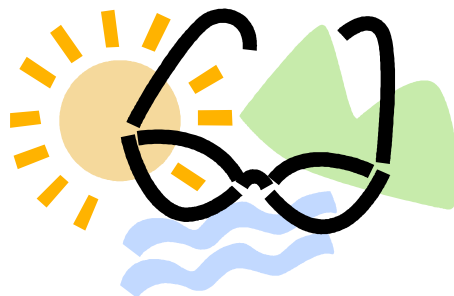
- Take first-aid supplies you may need such as anti-sickness tablets, anti-diarrhoea medication and plasters.
- If you are travelling by plane, don't put insulin in check-in luggage (as the temperature is too low in the hold and it may freeze the insulin, the insulin will not be effective) keep all equipment in your hand luggage.
- Carry extra carbohydrate snacks e.g. biscuits, crisps, sandwiches for any eventuality such as long journey, delays or stopovers.
- Make sure your glucose tablets or hypostop gel is at hand if you should need them.

Information for Patients

During your Holiday;

Factors affecting your diabetes control:

- **Temperature-** In warmer climate insulin may be absorbed quickly, which may lower your blood sugar you may need less insulin. In cold climate insulin may be absorbed more slowly, which may raise your blood sugar you may need more insulin.
- **Food-** The type and amount of food that you eat on holiday is often different to your usual diet and will affect your diabetes control. Speak to your CF dietician before you go on holiday.
- **Activity-** If you are less active than usual you may require more insulin or if you are more active than usual e.g. walking, dancing you may require less insulin.
- **Alcohol-** Alcohol will lower your blood glucose level and increase your risk of hypoglycaemia. Don't drink alcohol on an empty stomach.
- **Remember-** Your diabetes control will alter due to the different factors listed above you may need to monitor your diabetes control more regularly so that you can make adjustment to your diabetic medication.



- Don't keep insulin in the boot or glove compartment in the car. These areas can get cold in the winter and very hot in the summer and this will damage your insulin or meter.
- If you are unwell while on holiday **never stop your insulin even if you cannot eat.** Discuss managing your diabetes and illness with your diabetes team before travelling.

Contact us:

For further advice and support with your diabetes control please contact:

CF Dietitians: Jo Barrett/Liz Glennon /Toni Osborne /Claire Evans on 0121 424 1796

CF Diabetes Specialist Nurse: Kirpal Marwa on 0121 424 3577

Monday – Friday 0800-1600

Information for Patients

Additional Information Sources:

For more information on all aspects of living with Cystic Fibrosis you can visit the Cystic Fibrosis Trust web site at : www.cftrust.org.uk.

For local news and events the West Midlands Regional Cystic Fibrosis Unit based at Heartland Hospital has its own website at: www.heartlandscf.org.uk .

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will always ask you for your consent if we need to use information that identifies you. We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. You can help us by pointing out any information in your records which is wrong or needs updating.

Please use the space below to write down any questions you may want to ask: