

Air Travel with Diabetes

The following advice will help you make sure you have a safe, enjoyable trip. Some of the points below may not apply to you. Please consider the ones that do.

At the Airport

- You should have your insulin pump and/or CGM inspected by hand rather than through body scanners or x-ray machines.
- Handheld metal detectors are safe to use with insulin pumps and CGMs.
- You can request a hand inspection of your insulin if you would like to avoid putting your insulin through scanners.
- You can carry your insulin or other medical supplies even if they are above the limit for normal fluids. Simply make sure to declare these items to airport security.
- Look for sharps containers if you have needles or syringes you would like to dispose of.

On the Airplane

- If you are traveling with others, split up the supplies between yourselves.
- Drink plenty of fluids and avoid caffeine and alcohol. It is important to stay hydrated while flying with diabetes.
- Walk around every few hours if possible. This can help prevent blood clots in the legs.

Arrival Checklist

- Change the time on your watch, phone, insulin pump, and continuous glucose monitor to the new time zone as soon as you arrive to assist with adjusting your insulin.
- Carry your insulin at all times. Do not store insulin in a backpack or car glove box.
- Avoid drinking the water if it is not clean and opt for bottled water or diet soda. Do not use ice cubes if the water is not clean.
- Wear shoes you have worn regularly for at least a month. Do not walk barefoot.
- Check your blood sugar more often if you are eating differently or being more active, you may need to change insulin dosing.
- See where you can safely store your insulin and dispose of needles. Cruise ships often have places to store insulin while only some hotels have fridges in their kitchen you may be able to use.