

MyCARE

With me, every step of the way



“ It’s important to prepare well and take precautions for **ENJOYABLE AND RELAXED TRAVELLING EXPERIENCE WITH INSULIN** ”

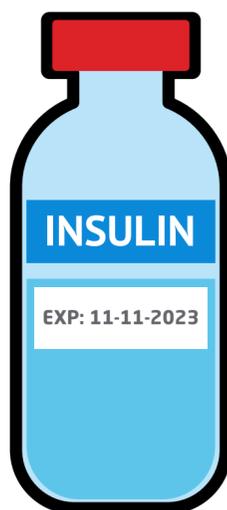
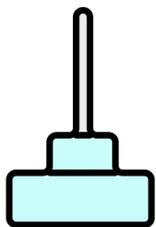
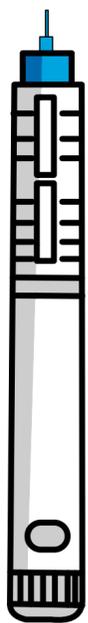




**PRE-TRAVEL
PREPARATIONS**

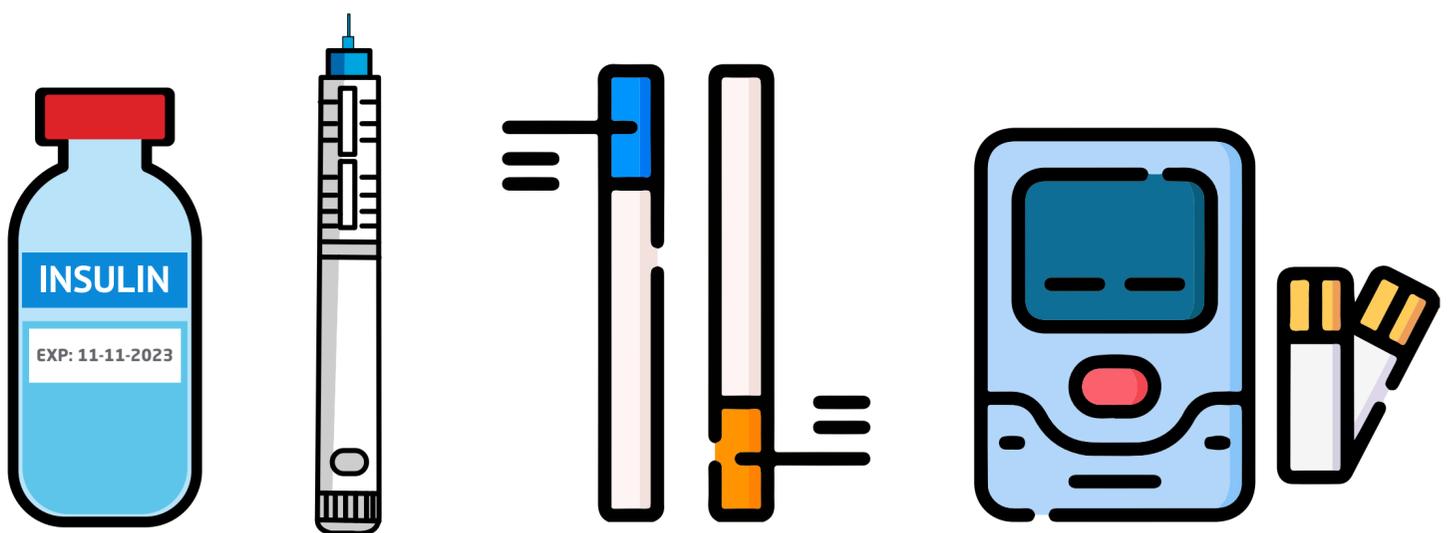
VISIT YOUR DOCTOR 4-6 WEEKS PRIOR REGARDING

- Necessary vaccinations
- Insulin adjustments
- Medical documents about your current health condition
- The requirement to carry sharps (needles, lancets etc.)



FOR FLIGHT DELAYS OR EXTENDED STAY, IT IS ADVISABLE TO PACK ADDITIONAL

- Insulin vials/Cartridges
- Syringes/Pens
- Hypo-kit materials
- Glucometer strips
- Urine/Blood Ketone testing strips



Always **KEEP THE INSULIN SUPPLIES IN TWO DIFFERENT BAGS** to eliminate the risk in case of misplaced luggage



CARRY APPROPRIATE CLOTHING AND FOOTWEAR

as per the regional weather
conditions

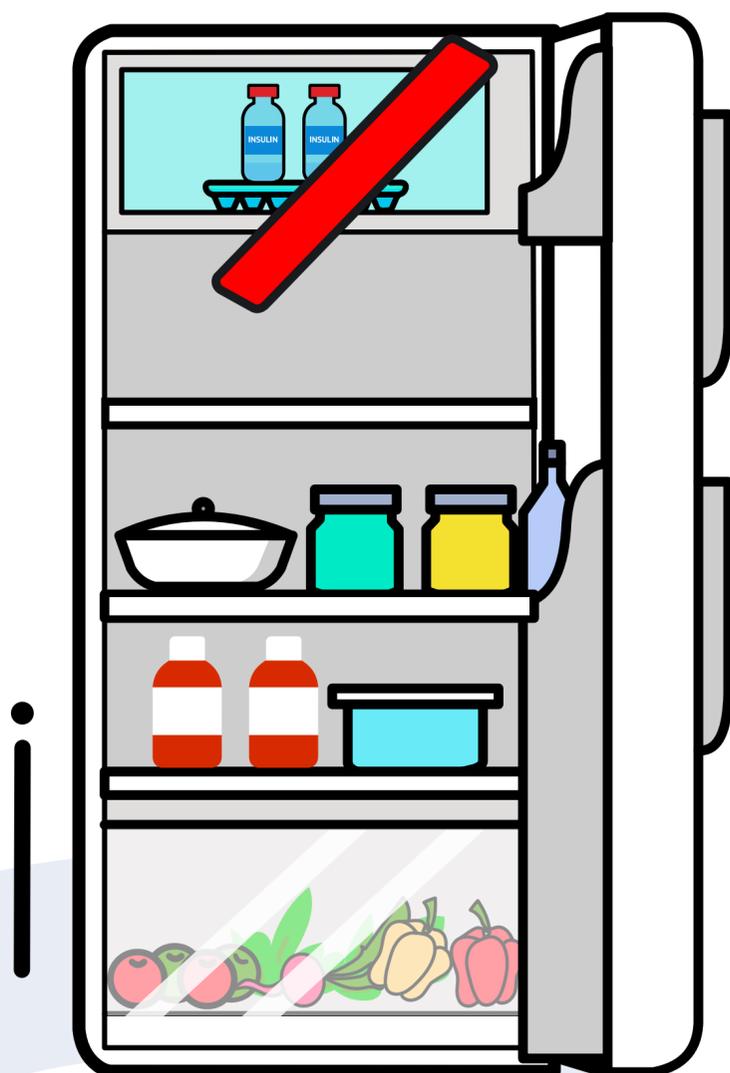




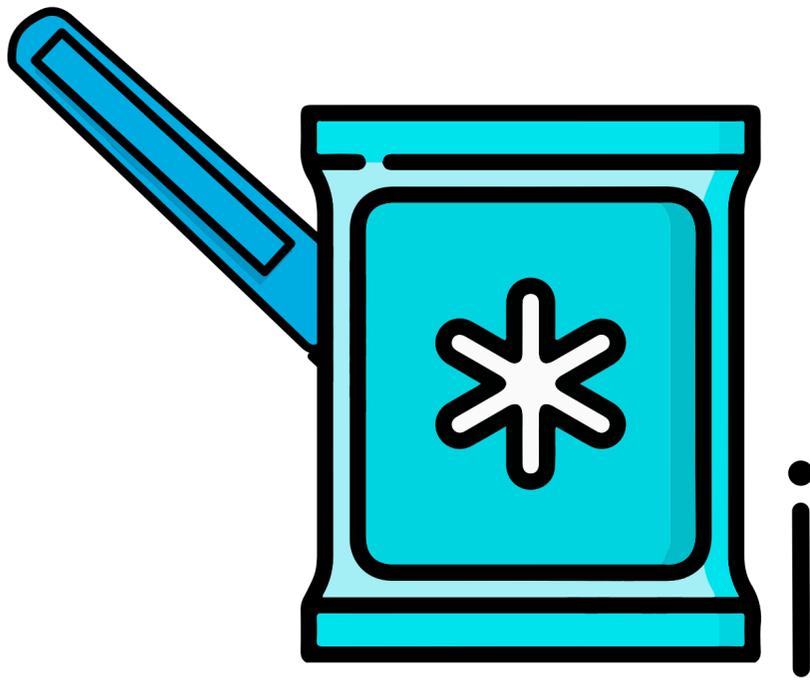
**STORING
INSULIN WHILE
TRAVELLING**

BEING SENSITIVE TO EXTREME TEMPERATURES, INSULIN SHOULD NEVER BE KEPT IN

- The freezer
- Directly on ice
- Under direct sunlight
- The glove compartment of a car



Store the Insulin vial/pen in
**SPECIAL INSULATED OR
COOLING POUCHES** which are
available easily



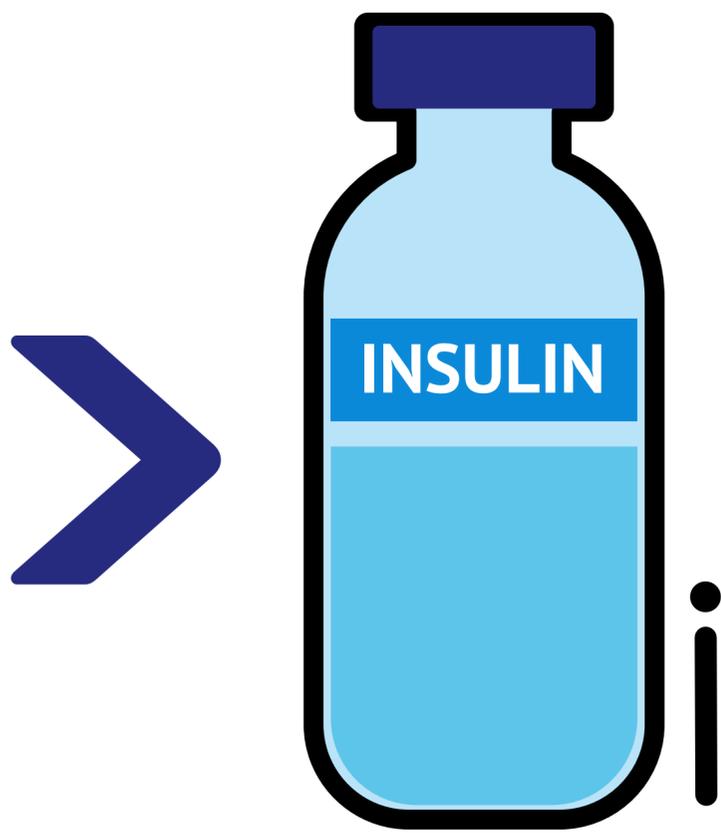
Insulin should always be carried
in **HAND LUGGAGE WHEN
TRAVELLING BY AIR** to avoid
the below zero temperature
damage in the cargo



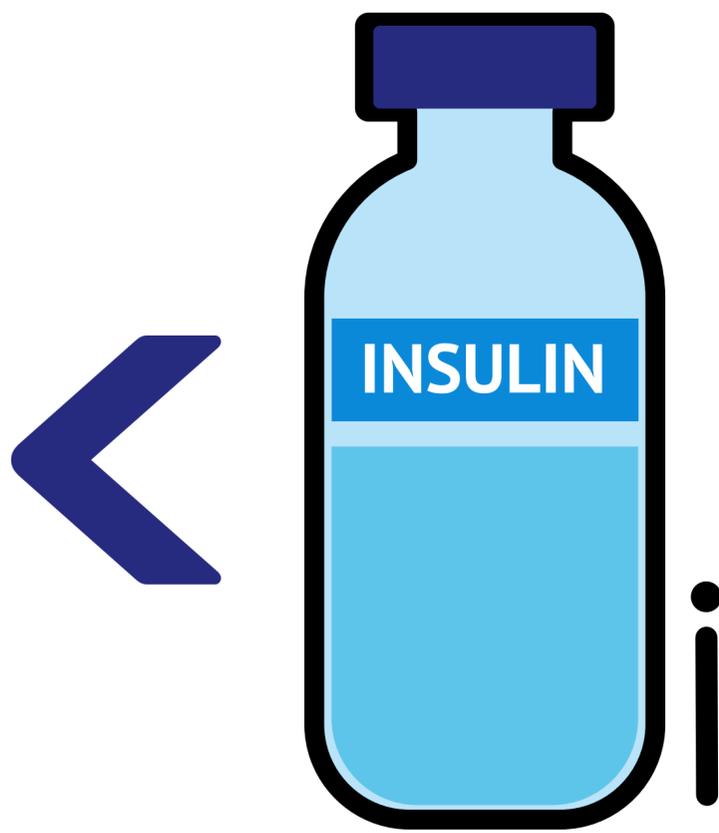


**INSULIN
ADJUSTMENT
WHILE
TRAVELLING
ACROSS
TIME-ZONES**

You may need lesser Insulin
**WHILE TRAVELLING FROM
THE WEST TO THE EAST** as
the days get shorter



You may need more Insulin
**WHILE TRAVELLING FROM
THE EAST TO THE WEST** as
the days get longer



You will need to discuss Insulin timing and dosages with your doctor well in advance when you plan to travel across different time zones



INSULIN ADJUSTMENTS WILL BE NEEDED BASED ON THE

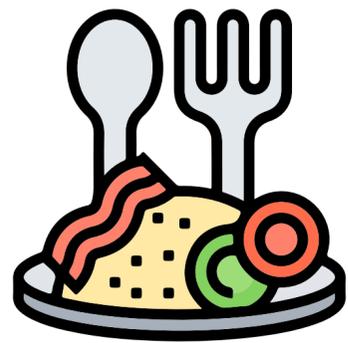
Flight duration



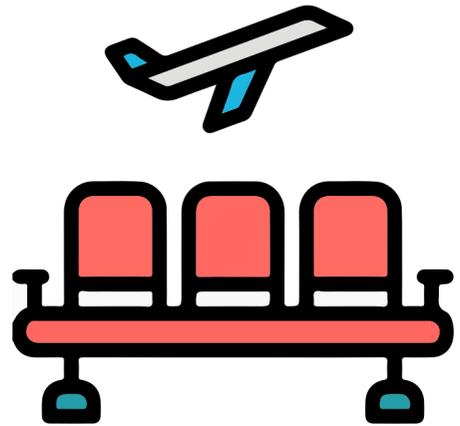
Number of hours of time zone shift



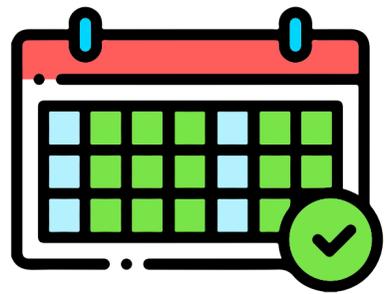
Timing of meals & Snacks



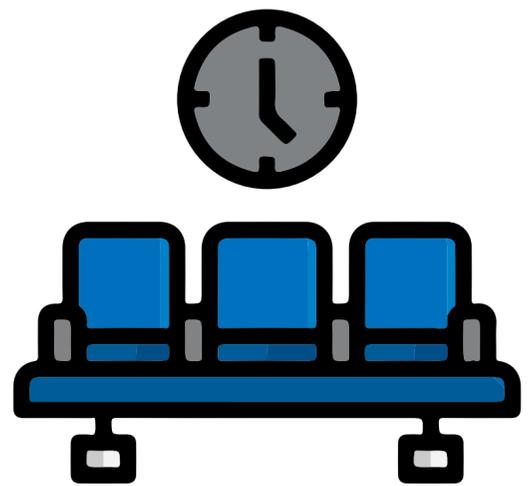
Layovers



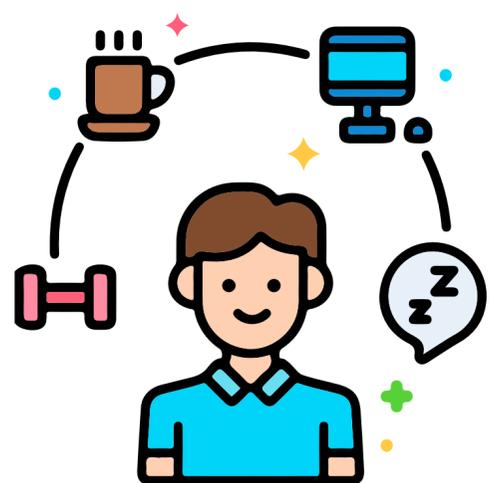
Regular pattern of
Insulin doses



Time of arrival at
the destination



Day's activities

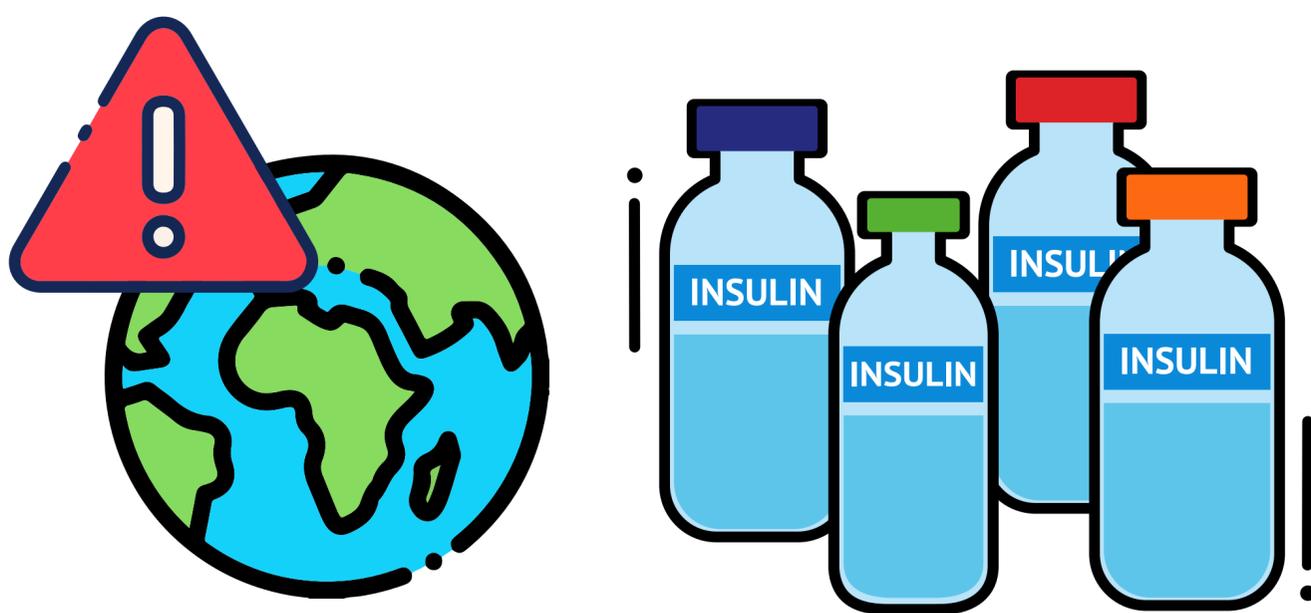




**PURCHASING
INSULIN IN
INTERNATIONAL
COUNTRIES**

YOU SHOULD BE AWARE of the various Insulin concentrations available in the country you are travelling.

U-40, U-100 or **U-80** may be available in some nations



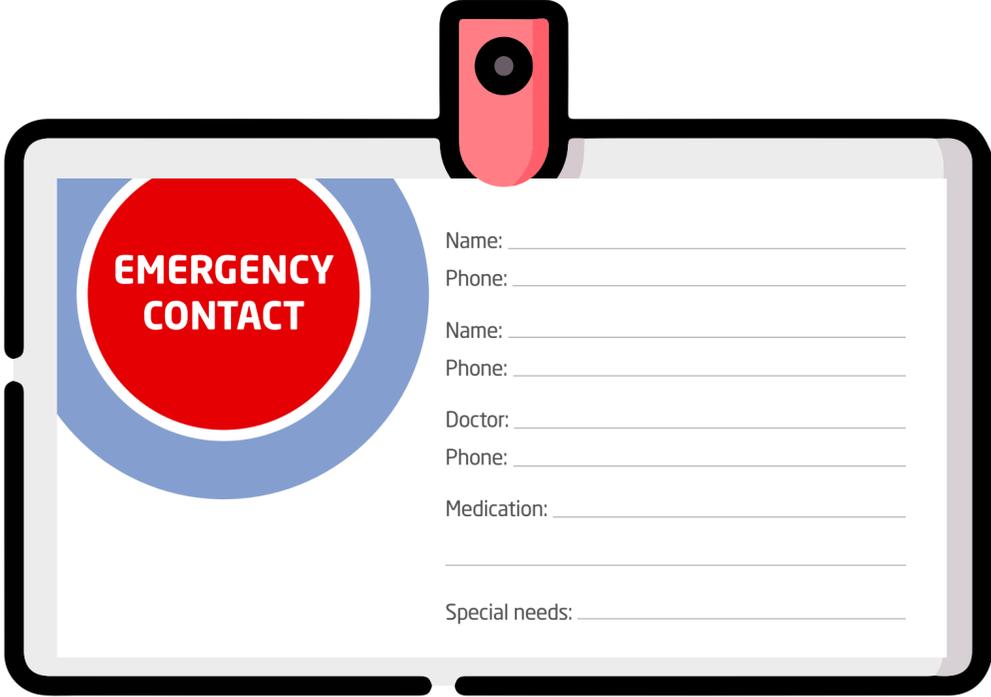
NOTE: In order to avoid delivering more or less Insulin than needed, the correct syringes should be used according to the concentration.



SELF-CARE TIPS

ALWAYS CARRY YOUR DIABETES IDENTITY CARD

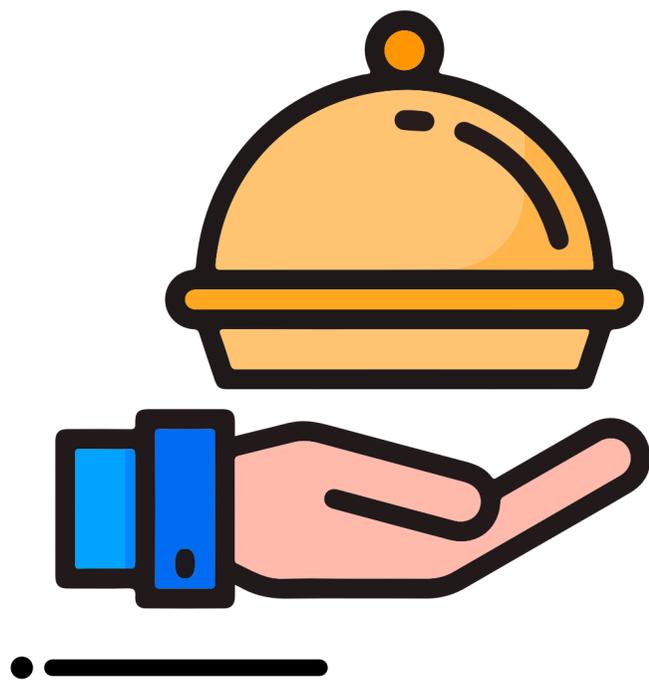
and doctor's recent prescription
along with you



CARRY THE RELEVANT DOCUMENTS that you may need in case of security checks at the airport



**FIND OUT ABOUT FOOD
OPTIONS AVAILABLE** while
travelling and at the
destination so that you can
plan to eat healthy and on time



NOTE: Carry some healthy snacks along

MONITOR BLOOD SUGAR as it may go high or low depending on the change in routine, timings, food consumed and increased or decreased activity during travel



“ For more information,
contact your doctor or your
MyCARE Diabetes Educator.”



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With me, every step of the way

Reference

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- Toschi.E. Safe and effective use of Insulin requires proper storage. December 4, 2018. Harvard medical school. Available at: Safe and effective use of Insulin requires proper storage - Harvard Health. Accessed March 30, 2022
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