



TRAVEL LIST FOR PUMPERS

- Pack DOUBLE what you think you will need for the length of your vacation.
- Keep supplies in separate carry-on bags in case one is lost or stolen.
- Do not pack insulin in a bag that will go into the baggage compartment of the plane, it will freeze.
- Never expose your pump to X-rays and other scans. It can be removed safely for about an hour. Always check your blood sugar before pump removal, and after re-attaching.
- Disconnect any remote devices (meters, glucose sensor, etc.).

<p><u>Pump supplies:</u></p> <ul style="list-style-type: none"> • Rapid insulin in a small cooler or “Frio” bag. • Infusion sets • Reservoirs • 2 glucometers; strips • Batteries (for pump and glucometer) • Emla cream • Alcohol swabs • IV Prep (if used) • IV 3000 or Tegaderm transparent tape 	<p><u>Pump malfunction or lost/stolen:</u></p> <ul style="list-style-type: none"> • Long-acting insulin (Lantus, Levemir) ** refer to “Guidelines for Temporary Removal of the Insulin Pump” • Insulin syringes or pens • Check with your pump rep if you can borrow a spare pump during your vacation.
<p><u>Hypoglycemia:</u></p> <ul style="list-style-type: none"> • Glucose tablets • Juice boxes • Small snacks • Glucagon 	<p><u>Hyperglycemia and/or Illness:</u></p> <ul style="list-style-type: none"> • Precision Xtra glucometer with ketone strips • Ketostix urine dips as back-up • Insulin syringes or pens • Graval

OTHER THINGS TO REMEMBER:

- Travel letter for Customs
- Phone numbers:
 - your doctor and/or nurse
 - the on-call service
 - your pharmacy