

Date: \_\_\_\_\_

Traveller's name:

Date of birth:

File number:

To whom it may concern,

**\*\*\*THIS LETTER HAS NO EXPIRATION DATE\*\*\***

This traveller is living with type 1 diabetes which is a permanent condition that causes chronic insulin deficiency. Insulin is a life-saving hormone that works to maintain normal blood sugars levels in the body. This traveller uses an insulin pump to administer insulin 24 hours a day via an infusion set and needle inserted under the skin and **cannot be removed**. This device is prescribed and is medically necessary for this traveller. **Removal of the insulin pump can lead to coma and death.** In addition, type 1 diabetes requires daily monitoring of blood sugar either through finger prick testing or continuous blood glucose monitoring. **The continuous blood glucose monitor is inserted under the skin and cannot be removed.** The diabetes team advises travellers to bring double the supplies they need in case of loss, theft or malfunction.

**The supplies may include and must be stored in the carry-on:**

- Blood glucose meter, lancing device, lancets, glucose and ketone strips
- Insulin pump supplies (batteries, infusion set, reservoirs, skin preparation products)
- Back up insulin pump
- Sensors for continuous glucose monitoring
- Insulin (**KEEP COOL**), insulin pens, insulin syringes, needles
- Sugar tablets, candies (skittles, rockets), juice, snacks
- Glucagon (a prescription medication to treat a severe low blood sugar)
- Sharps container
- Copy of travel insurance, all prescribed medications and current insulin pump settings

**DO NOT EXPOSE THE INSULIN PUMP OR THE CONTINUOUS BLOOD GLUCOSE MONITORING DEVICE TO X-RAY'S, TOTAL BODY SCANNER OR METAL DETECTORS (WALK-THROUGH OR HAND-HELD).** X-rays and electromagnetic fields may affect the mechanical functioning of the device, causing serious risk to the traveller. The Canadian Air Transport Security Authority recommends that an individual wearing a continuous blood glucose monitor device or an insulin pump should advise the security officers so that a physical search may be performed.

This letter also confirms that this traveller is safe to travel and lead a normal life. Should further information be required, please contact us at (514) 412-4436

**If changing time zone**

Contact the diabetes nurses **2 weeks prior** to departure with the following information

- Upload of the insulin pump data
- 1 week of blood sugar or upload the data from the continuous blood glucose monitor
- Flight itinerary

Example