

Special Situation: Travelling

Travel checklist

People with diabetes can travel abroad. However, there are some steps to take when planning your trip.

	Before travelling abroad, see your doctor for a medical check-up.
	Ask your doctor to prescribe some medications for common symptoms, such as fever, diarrhea, flu, and motion sickness, etc.
	Before travelling to certain countries, consult your doctor about vaccinations.
	If you're travelling to countries in a different time zone, check with your doctor if you need to adjust your insulin doses.
	Get a letter confirming that you have diabetes and a prescription from your doctor.
	Bring extra medications, syringes, needles, insulin, and other supplies in case of a delay or extension to your trip.
	Keep your medications in your hand carry bag as well as your luggage.
	Make cue cards in the foreign languages of the countries you'll be visiting, such as 'I need sugar/a doctor/insulin,' and keep them in your pocket or wallet.
	Let the airline know in advance if you have any special dietary needs.
	Bring a glucometer to check your blood sugar level regularly.
	Bring extra sweets and biscuits, and drink plenty of water.
	Wear appropriate and comfortable footwear while travelling.

Please consult a doctor if:

- You feel persistently unwell, such as having a fever, nausea, vomiting or diarrhea
- You have lost your insulin and/or medications
- Your blood sugar level is persistently below 4 mmol/L or above 15 mmol/L



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The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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特殊情况下的糖尿病护理：旅游

旅游清单

糖尿病患者还是可以到国外旅行。只要在出国前做好计划，充分准备一番，你也可以像他人一样尽情享受旅游乐趣。

	在出国之前向医生咨询与做身体检查。
	向医生索取一些药物来防治发烧, 腹泻, 感冒和晕车。
	提前打好必要的预防针。
	要是你将到和本地有时差的国家旅游, 请向医生咨询关于胰岛素的计量是否必须调整。
	携带医生的备忘录与处方。
	随身携带额外药物和胰岛素。
	把药物收在手提行李箱内。
	用当地的语言准备一些沟通卡片, 例如“我需要糖、医生、胰岛素”等, 并随身携带, 以备不时之需。
	及早通知航空公司任何特殊饮食需要。
	携带血糖仪以便检测血糖水平。
	携带多一些糖果和饼干, 并大量喝水。
	穿能保护双脚的舒适鞋子。

要是你有任何以下的情况，请赶紧求医：

- 持续发烧，呕吐或腹泻
- 丢失了药物或胰岛素
- 你的血糖水平持续少过4 mmol/L 或高过15 mmol/L



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