

## Patient Information

### Travel checklist

Take 2-3 times the amount of supplies required and split into separate containers, in case of loss or damage. **Must be kept in your hand luggage. (The Diabetes Nurses can provide you with a covering letter for this).**

- Basal insulin pen and/or basal insulin cartridges.
- NovoRapid insulin pen and/or Novorapid insulin cartridges.
- Blood glucose meter, test strips and lancets. Diary for recording results.
- Blood ketone test strips/meter.
- Extra snacks for journey.
- GlucoGel (formerly known as HypostopGel)
- GlucaGen HypoKit.
- BD Safeclip for disposal of needles//plastic tub for disposal of needles/lancets.
- Cool pack e.g. Frio (Diabetes Nurses have information leaflet).
- European Health Insurance Card (ECIC) available online:  
[www.dh.gov.uk/en/Policyandguidance/Healthadvicefortravellers](http://www.dh.gov.uk/en/Policyandguidance/Healthadvicefortravellers) or by calling 0845 606 2030 or by picking up an application form from the post office.
- Identification
- Tummy bug treatment e.g. Dioralyte.
- Any other medication that is being taken.

**Signature on completion of training**.....

**Date**.....