



STEP OUT & EXPLORE!

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Travelling can be a considerable challenge to someone with diabetes, especially the potential interruption to daily routines of meals, exercise, monitoring of glucose levels and medications.

It is only natural that you may worry about how to make changes to your usual routines so that they do not compromise your health.

Let us help you cope better with your travel with some useful generic travel tips. However, they should never replace the specific advice of your medical team.

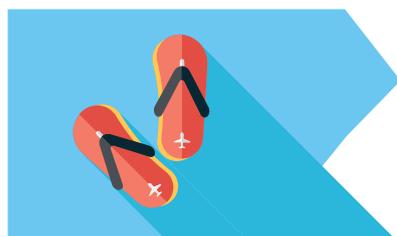
Some of the general tips we share in this article can also apply to those who have diabetes and if your work involves some form of "travel" or departure from your usual routine. For example, some patients I encountered previously include truck drivers taking new routes that require longer distances and hours that disrupt their diabetes self-care regime; newly diagnosed sales personnel that have to commute frequently; and even cleaners who have to work at different locations within a day.

Preparations for Travel:

- **Plan.** Know in advance as many details of your travel plans and destination as you can. This includes the timing and itinerary of each day. This can help you integrate your self-care regime.
- **Minimise** any unnecessary stress by knowing beforehand your travel routes, mode of transportation for transfers, confirming reservations, be familiar with the layout of the location you are about to go to. Ensure you have adequate time in between each activity to make room for delays.
- **Pack** adequately and more than necessary the medications you need. Make sure that your medications are packed in such a way that they are easily accessible, preferably in your hand luggage. Having a surplus of medications helps you to be prepared for unexpected events that could cause you to extend your stay.
- **Prepare** documents for emergencies. In case of emergencies, make sure that you have a document with information on where you can go to for medical attention at your destination. Carry your prescriptions with you. Carry medical documents that state that you have diabetes or explain why you are carrying the insulin pump.
- **Check** with your dietitian or nurse regarding the type of snacks you can bring along as backup in case meals are not within your recommended diet. Check with your doctors and nurses if you need to and how to perform insulin injections inflight.

Managing Travel Fears Related to Diabetes:

The following are generic tips addressing fears related to the impact of travel on diabetes self-care.



01

Remind yourself that you are safe and nothing about your health has changed. No doubt, there will be changes to your healthcare regime, but these adjustments (elaborated in the next section) make sure that health is well taken care of.



02

Engage in the “present moment” as actively as you can along the way. Notice, observe and enjoy the scenery around you. Your worrying thoughts and fear may distract you so watch an inflight movie, read, etc, so that they will fade into the background.



03

Remind yourself that you are well prepared. Recall what you have prepared for the travel and even in case of emergencies.



04

Have a relaxation recording on standby. Listen to a relaxation track that you have been practising before the trip and take it along to help yourself.



05

Ensure that you have adequate rest and water intake before and during the travel. A lack of either of these can make you more vulnerable to your fears.

While there may be some inconveniences in terms of the preparations needed when you travel, having diabetes does not mean that travelling is impossible or daunting. You can still step out and explore the great beyond!