

Checklist – letter from diabetes doctor/healthcare professional

When travelling domestically or internationally when you have diabetes, it is recommended you have a signed letter (on letterhead) from your diabetes doctor/healthcare professional. This will support airport and screening requirements at departure and destination airports. Each airport may use slightly different screening equipment, which may result in different screening processes between airports. The letter may also be useful for emergency care health professionals if you become unwell while travelling.

This checklist will assist you and your diabetes doctor/healthcare professional in the preparation of a travel letter that suits your individual needs:

- Your full name, address, date of birth and the type of diabetes you live with.
- A list of all medications you currently take to manage your diabetes plus any medications for other medical conditions.
- A list of the devices that you use for giving insulin and monitoring your glucose including:
 - the blood glucose meter you use, lancets, glucose/ketone checking strips
 - the insulin/medication injection delivery device you use plus accessories (syringes or insulin pens plus needles)
- Insulin Pump:
 - If you use an insulin pump, is this in combination with a Continuous Glucose Monitoring (CGM) device or not?
 - Product name of the pump and CGM device and that they work together 24/7 via Bluetooth.
- Continuous Glucose Monitoring (CGM)
 - If you use a CGM or FGM (Flash Glucose Monitoring) device:
 - Name of the device and that it is attached to your body 24/7 and cannot be removed.
 - If it operates with a separate reader only
 - If it operates with a smart phone only
 - If it operates with both a reader and a smart phone
 - If it connects to an insulin pump
- A statement noting the importance that all medications, equipment and devices are always with you and in your carry-on luggage.
- Make sure the letter is signed and has the contact details (including out-of-hours phone number) of the health professional who has signed included clearly on the letter in case of any queries.
- Statement about airport screening and security requirements if you use a device such as an insulin pump and/or glucose sensor:
 - That the device/s **must not be** removed from your body.
 - That it/they cannot go through an X-ray machine, full body scanners or luggage screening machines.
 - You require an alternative discrete screening process i.e. visual inspection, pat-down or wand.

Other travel documents

If you use an insulin pump and/or glucose sensor device, it is recommended that you keep an electronic/hard copy of the relevant device company travel recommendations together with your travel documents.

Check your device user manual, or download information from the relevant company website:

- AMSL:
 - [Dexcom glucose sensor](#)
 - [T-slim insulin pump](#)

- Medtronic:
 - [Insulin pumps](#)
 - [Glucose sensors](#)

- [Freestyle Libre glucose sensor](#)
- [Mylife YposMed insulin pump](#)
- Omnipod: [Pods and PDM](#)