

## Travel Care Plan For An Insulin Pump User

To Whom It May Concern:

Date :

\_\_\_\_\_ is a patient in our Center with Type 1 Diabetes Mellitus (Insulin Dependent Diabetes Mellitus). To better control her/his diabetes, she/he is using insulin pump therapy.

An insulin pump is simply another way to deliver insulin. Through the pump, He/She receives insulin around the clock via a small plastic tube that is inserted in her/his abdomen. He/She has been taught to program the pump to deliver insulin, as she/he needs it. This means she/he will program the pump before each meal to give insulin in a dose determined by her/his finger stick blood glucose test.

To take care of her/his diabetes at travel, he/she will need to have the following items with her/his:

1. The insulin infusion pump, which is worn.
2. Backup pump supplies: syringes, tubing, insulin, battery and regular syringe.
3. Glucagen injection kit for severe hypoglycemia(low blood sugar).
4. Blood glucose testing supplies: meter, strips, lancet device, and lancets.
5. Snack foods and water: to handle extremes of blood glucose.
6. Ketostix: to test urine ketones as need.

**ABOVE ITEMS MUST BE HAND-CARRY, ESPECIALLY THE INSULIN HAVE TO STORE BETWEEN 2°C and 8°C(AVOID FREEZING).**

Pump therapy is a safe and effective way to manage diabetes. We are confident that he/she hand-carry pump supplies are necessities and safety.

If you need further information, please contact her/his parent or our center office.

Sincerely,

Dr. \_\_\_\_\_

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