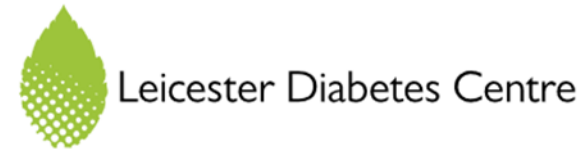


Travel and Cannula Change Information

By: Erica Richardson

Lead diabetes Research Nurse, ANP and Nurse Lecturer in Diabetes



Key considerations:

- **Travel insurance:** always declare diabetes as a pre-existing condition and list all medications.
- Take a copy of your **repeat prescription with you**
- **Travel letters / Medical awareness cards:** company or clinical team
https://www.caa.co.uk/media/4f1pswv0/caa_aoa_medicaldeviceawarenesscard.pdf
- **Pack more than you would normally need :** Insulin and consumables – remember to pack it in hand luggage; **including emergency kit**
- **Consider taking snacks / hypo PX** – consider flight delays /access to treatments. **Foot care**
- **Consider using disability lanyards:** customer services, some shops like M&S, Tesco,



Navigating airport Security with advanced technologies

- CGM and insulin pump manufacturers have their own guidance on which devices can go through metal detectors, x-rays and full body scanners.
- You can ask a security agent for an alternative method of screening (e.g. pat-down) or wand scanner.
- Usually scanning arch way is ok but avoid anywhere where it indicated no pacemaker or high magnetic field.
- If the only way through security is through a scanner, you can request that it is switched off.






Insulin Pumps

- If you are on **insulin pump therapy**, travel between different time zones becomes much easier.
- You should **wait until you land in the country** then change to local time.
- **Consider switching your pump to flight mode during take off, flight and landing.** (some systems) **Be aware** that insulin delivery can be effected on take off and landing due to altered pressure and possible purge and ease off in insulin delivery.
- **Consider a loan insulin pump** (sometimes need six week notice).
- **Caution with sunlight and heat. Remember:** insulin degrades quicker in heat and the integrity of the pump casing and workings may be effected in extreme heat changes
- Remember **activity levels**



Useful resource:

	HAND LUGGAGE XRAY 	METAL DETECTOR 	FULL BODY SCANNER 
LIBRE 2, 2+ & 3	✓	✓	✗
DEXCOM ONE	✗	✓	✗
DEXCOM G6	✗	✓	✗
DEXCOM G7	✓	✓	✓
MEDTRONIC GUARDIAN 4	✗	✓	✗
TANDEM T:SLIM	✗	✓	✗
OMNIPOD DASH	✓	✓	✓
OMNIPOD 5	✓	✓	✓
MEDTRONIC 780	✗	✓	✗
YPSOPUMP	✓	✓	✗

Useful Resources for people with diabetes:

General information:

Hypo leaflet

- https://trenddiabetes.online/wp-content/uploads/2022/03/A5_Hypo_TREND.pdf

Sick day rules in type 1 diabetes

- https://trenddiabetes.online/wp-content/uploads/2022/03/A5_T1Illness_TREND.pdf
- <https://abcd.care/sites/default/files/HCL%20System%20-%20Information%20Leaflet%202023.pdf>

Travel specific information:

Travel leaflets:

- https://trenddiabetes.online/wp-content/uploads/2024/02/A5_Travel_TREND.pdf
- <https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/diabetes>



References / useful links:

- BreakthroughT1D (2025) Travelling with type 1 diabetes. Online: <https://breakthrough1d.org.uk/knowledge-support/living-with-type-1-diabetes/everyday-life/travelling/>
- BreakthroughT1D (2024) Airport security and diabetes technology. Online: <https://breakthrough1d.org.uk/knowledge-support/living-with-type-1-diabetes/everyday-life/travelling/airport-security-and-diabetes-technology/>
- Diabetes UK (2025) Travelling with diabetes. Online: <https://www.diabetes.org.uk/living-with-diabetes/life-with-diabetes/travel>
- IDF (2023) Travelling and diabetes. Online: https://idf.org/europe/media/uploads/sites/2/2023/06/AwarenessPaper-DiabetesAndTravelling-21Dec2020_compressed.pdf
- My Diabetes My Way (2025). *Diabetes Technology and Airport Security*. Available at: <https://mydiabetesmyway.scot.nhs.uk/resources/internal/diabetes-technology-and-airport-security/>

Cannula change resources:



<https://www.convatec.com/en-gb/products/infusion-care/product-type/>