

Resources: Travel



TRAVELING WITH DIABETES Federal Aviation Administration Regulations

The Federal Aviation Administration (FAA) has increased security measures at airports throughout the nation due to the events of September 11. Some of the precautions taken by the FAA, as well as by individual airlines, will likely affect passengers with diabetes, who must carry their medical supplies when they travel. This information represents the minimum requirements for passengers, and it is recommended that you call your individual airline for further information, at least one day in advance of the scheduled flight.

1. Passengers may board with syringes or insulin delivery systems only if they can produce a vial of insulin with a **professional, pharmaceutical pre-printed label that clearly identifies the medication**. No exceptions will be made. Since the prescription label is on the outside of the box containing the vial of insulin, the FAA recommends that passengers refrain from discarding their insulin box and come prepared with their vial of insulin in its original pharmaceutically labeled box.
2. For passengers who have diabetes and must test their blood glucose levels but who do not require insulin, boarding with their lancets is acceptable as long as the lancets are capped, and as long as the lancets are brought on with the glucose meter that has the manufacturer's name embossed on the meter (i.e. One Touch meters say "One Touch," Accu-check meters say "Accu-check").
3. **Glucagon** is dispensed and normally kept in a pre-printed labeled plastic container or box. We advise travelers with diabetes to keep their glucagon kits intact in the original pre-printed, pharmaceutically labeled containers.
4. Due to **forgery concerns, prescriptions and letters of medical necessity will not be accepted**.
5. FAA security measures apply to travel within the 50 United States only. Passengers should consult their individual air carriers for both domestic (US) and international travel regulations. Be advised that the FAA's policy and the policy of each airline are subject to change.

In the event that travelers with diabetes encounter problems boarding their flights, they should contact the FAA Grounds Security Commissioner at the airport for assistance. Packing diabetes supplies in checked baggage is NOT recommended, as cargo hold temperatures vary greatly, and the passenger may need the supplies in flight.

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Traveling with Diabetes Supplies

Persons with Diabetes

- Notify the screener that you have diabetes and are carrying your supplies with you. The following diabetes-related supplies and equipment are allowed through the checkpoint once they have been screened:
 - Insulin and insulin loaded dispensing products, syringes, lancets, blood glucose meters, blood glucose meter test strips, alcohol swabs, meter-testing solutions; insulin pump and insulin pump supplies (cleaning agents, batteries, plastic tubing, infusion kit, catheter, and needle); Glucagon emergency kit; Urine ketone test strips; unlimited number of used syringes when transported in Sharps disposal container or other similar hard-surface container. Sharps disposal containers or similar hard-surface disposal container for storing used syringes and test strips.
- Insulin in any form or dispenser must be clearly identified.
- If you are concerned or uncomfortable about going through the walk-through metal detector with your insulin pump, notify the screener that you are wearing an insulin pump and would like a full-body pat-down and a visual inspection of your pump.
- Advise the screener that the insulin pump cannot be removed because it is inserted with a catheter (needle) under the skin.
- Insulin pumps and supplies must be accompanied by insulin.
- Advise screeners if you are experiencing low blood sugar and are in need of medical assistance.

Note on Diabetes technology: Pumps usually do not set off security alarms, nor do security officials ask you to remove them. If you do set off an alarm, show your pump and explain what it is. Your **back up insulin bottle with prescription** should help. Also, a **CGM** does not need to be turned off during a flight CGM does use some radio frequency; it is not the type that would interfere with a flight. You may leave it running during your entire flight.

You can report problems encountered while traveling by calling the TSA Consumer Response Center toll free at 866-289-9673. For more information from the FAA, go to www.faa.gov or call 866-289-9673.

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