Caring for Your Diabetes: Summer Tips

Tips and reminders for diabetes care during the summer months.

Bring enough medication
Pack your diabetes supplies first. For longer trips, pack double the amount of supplies that you think you’ll need in case of travel delays. Don’t forget to bring your medications; blood glucose monitoring supplies; syringes; and glucose gel, tablets, or another carbohydrate.

If you’re flying, take all of your diabetes medications and supplies in your carry-on
Separate these items from your other belongings before screening begins and be sure to let the baggage screeners know that you have these items.

Keep insulin out of the heat
Insulin bottles and pens that are in use can be kept at room temperature. Extra bottles of insulin must be refrigerated until opened. Helpful tip: try an insulin carrying case with cold packs to keep insulin bottles cold. Never leave insulin in a hot car.

Stay on schedule with your blood-glucose monitoring and medications
Eating at a different time of day or exercising more than usual can cause changes in blood glucose, so be sure to check your glucose often. If you’re traveling to a different time zone, talk with your healthcare provider or diabetes educator: he or she can help with changing your insulin dose.

Be active and take good care of your feet
Seeing the sights or taking a walk on the beach count as exercise! If you’re staying close to home this summer, find a local park and take a walk or hike. Wear comfortable shoes, avoid walking barefoot, and check your feet for any blisters, cuts, redness, or swelling.

Stay hydrated
You risk getting dehydrated on hot days or during times when your blood glucose gets too high. Make sure to drink plenty of water and avoid sugary drinks and alcohol.

Talk with your healthcare provider or diabetes educator about your plans
He or she can help you to plan what you’ll need to bring for your travels, and the best way to pack and store your diabetes supplies.

REFERENCES