

Take a look at our guide to help make your travels less stressful!



Airport security

Depending on your needs, all airline's will offer a special assistance service. This is booked with whichever airline you are travelling with But is provided by the airport. The level of assistance will vary, depending on your own requirements. You are able to have a wheelchair that will take you from the departures check in area, through airport security, and to the plane. Or you can wear a sunflower



lanyard (provided by the airport, given out at their special assistance desk – or use your own), this will alert staff that you require extra help and will usually give you access to the special assistance security lines and priority boarding on the plane. Or you can book any level of assistance in between these two. To book special assistance you can usually do this online, via your 'manage

my booking' section. Or you can call or email the special assistance department of your airline. If you have booked via a travel agent, then they can normally take care of this for you. If you feel you do not need wheelchair assistance, and are choosing to wear a sunflower lanyard, then you will not need to notify the airline of this in advance.

Medical Supplies



Airlines will give you an extra hand baggage allocation to carry all your medical supplies. If you require any specialised equipment (such as mobility scooters) you must contact the airline ahead of your flight to give them information regarding this (note some airlines have limits on the number of mobility scooters they can carry per flight and the type of batteries they will transport)

Make sure that you have copies of your prescriptions, and documentation to show if you have any special requirements. For example, if your insulin pump can not go through the full

body scanner, have a letter from your health care team to state this.

Know the difference between the different airport devices



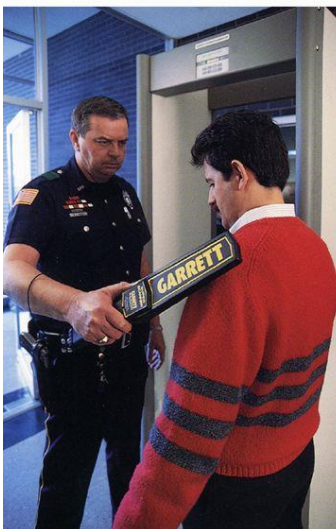
Metal Detector – the walk-through arch is a metal detector. All pump and cgm providers have declared this safe for their equipment.



Body Scanners – the machines that you have to stand still inside, and raise your arms are full body scanners. Some pump and cgm companies say they have not fully tested these machines, so do not declare them safe (CHECK WITH YOUR OWN PUMP OR CGM MANUFACTURER FOR ADVICE)



Hand Baggage x-ray machine. This is where your hand baggage is placed to be screened. In this picture it is the 2 middle machines. Do not confuse these machines with the machine to the far right (which is the full body scanner), or the machine to the far left, (which is the walk-through metal detector). This is an x -ray machine and some pump and cgm manufacturers’ have said not to place their devices though this machine. Instead, these devices must be hand inspected. (CHECK WITH YOUR OWN PUMP OR CGM MANUFACTURER FOR ADVICE)



Security Type Metal Detectors



Security Wand – These hand-held devices are metal detectors. They deliver a more concentrated form of detection than you would receive walking through the walk-through arch. Because of this, some pump and cgm manufacturers have not declared these as being safe for their device. (CHECK WITH YOUR OWN PUMP OR CGM MANUFACTURER FOR ADVICE)

Looking more closely at Pumps and CGM’s

If you are unsure what is safe for your own device, please only ever seek advice from your own pump or CGM manufacturer – never accept advice from anyone else. Advice changes, plus advice for different pumps and CGMs is different. We have copied below some advice from some manufacturers’ given online. If your device isn’t listed, please call your manufacturer for clarity.

OMNIPOD

Source: <https://www.omnipod.com/en-gb/current-customers/resources/omnipod-dash-faq>

- The Omnipod DASH® PDM and Pods can be treated in the same way as the Omnipod® System PDM and Pods at the airport. It is safe to go through the x-ray machine and the Pods are safe to be worn through airport scanners.
- Further Tips for Travelling with the Omnipod DASH® System are available in the Omnipod DASH® System Podder™ Resource Guide.

MEDTRONIC (Pump and CGM)

Source: <https://www.medtronicdiabetes.com/tipsonflyingandairportsecurityguidelines>

- You can continue to wear your insulin pump or continuous glucose monitor (CGM) while going through common security systems such as an [airport metal detector](#) as it will not harm the device or trigger an alarm. Do not send the devices through the x-ray machine as an alternative
- You need to remove your insulin pump and CGM (sensor and transmitter) while going through an [airport body scanner](#). If you do not wish to remove your devices, you may request an alternative pat-down screening process
- Notify security screeners that you have diabetes, that you are wearing an insulin pump and are carrying supplies with you

TANDEM INSULIN PUMP

SOURCE: https://www.tandemdiabetes.com/docs/default-source/general-guides/ml-1000524_a_print_info_card_tsa.pdf?sfvrsn=2

Click on the above link if you have this device - This is a very useful 'printable' leaflet

Your device is safe for use during air travel and complies with FAA wireless transmission standards. It is also designed to withstand common electromagnetic interference and can be safely carried through metal detectors. However, your Tandem Diabetes Care® insulin pump should NOT be put through machines that use X-rays, including airline luggage X-ray machines and full body scanners. We recommend disconnecting at the infusion site and asking the security agent for an alternative screening method. If you prefer to stay connected, you can notify the agent about your pump and request to go through a standard metal detector wearing your pump

ACCU-CHEK

Source: <https://accu-chek.academy/en-gb/handbook/15600/view/15866.150406>

Your pump has been tested against, and complies with, the regulations on electromagnetic interference. Security systems in airports and anti-theft monitoring devices, such as those in department stores, should not affect the functioning of your pump.

DEXCOM

Source: <https://www.dexcom.com/training-videos/traveling-with-dexcom-cgm>

Click on the link – Dexcom have produced a You tube video to help

- You can go through walk-in metal detectors or be hand-wanded without worrying about damaging any of your Dexcom G6 components.

- If you're concerned or uncomfortable about walking through the metal detector, let a TSA officer know that you're wearing a continuous glucose monitor, and request a full-body pat-down with a visual inspection of your sensor and transmitter. Make sure they're aware that the sensor cannot be removed because it's inserted under your skin.
- Not all full-body scanners – also called AIT or millimeter wave scanners – have been tested with Dexcom CGM systems: We recommend not passing through these, as they may affect your CGM equipment.
- If you have Dexcom G6 components in a travel bag, do not put them through baggage X-ray machines: Place them in a separate bag or bin and ask a TSA officer to perform a visual inspection.

FREESTYLE LIBRE

Source: <https://www.freestylelibre.com.au/travelling-with-freestyle-libre>

Click on the link – there is also a useful travel video.

When travelling by air, put your FreeStyle Libre sensors in your carry-on bag.

You can go through X-ray machines while wearing a sensor, however we recommend you notify security personnel when going through airport security screening.

It is recommended that readers be powered off during a flight and not used for scanning. Please check with your airline and follow their policy on NFC devices and plan accordingly. The strip port in the reader can be used to measure blood glucose or ketones during your flight.

Take enough sensors with you so you have an adequate supply.

When traveling into a different time zone, adjust the settings for the time and date on your FreeStyle Libre reader

Keeping Insulin Cool



Once you have removed insulin from the fridge, and it has reached room temperature, it must be used within 28 days. This is because the insulin preservatives in your insulin will be activated, and after 28 days the manufacturers cannot guarantee that the insulin will work as well.

To keep insulin at a safe temperature, you can store it in a frio wallet. Frios are water activated, you can keep reactivating your frio by placing it back under a running tap for as many times as you need to whilst you are away. Your insulin will then not overheat and become unviable whilst you are away. Frio wallets have been independently tested to make sure that they work effectively.

There is a you tube video here which shows you how to activate a frio: https://www.youtube.com/watch?v=Ew_aenXbED0

Choosing a frio:

We offer a large range of frio – the most popular ones are listed below:

Frio Individual: To store one insulin pen (useful whilst out and about)

Frio Dual: To store 2 insulin pens, or one pen and one vial (useful whilst out and about)

Frio Large: To store 4 or 5 insulin pens – (dependant on pen size). Will also store a couple of pens and 2 or 3 vials

Frio Extra Large: To store up to 5 pens and spare vials. (most popular for going on holiday and taking multiple supplies – usually bought alongside frio single or duo, which are then used for daily use)

Our range of frios can be found here (remember to claim back the VAT at check out)
<https://www.funkypumpers.com/product-category/frio-travel/frio-wallets/>

Swimming with an insulin pump



Even if your insulin pump is marketed as being waterproof, some people will still choose to use a waterproof pouch for fear of hairline cracks in your pump which may not be visible to the eye.

Useful you tube video here:

<https://www.youtube.com/watch?v=HuVK5HXAcI0&t=4s>

Can be found on our web site here: <https://www.funkypumpers.com/shop/frio-travel/aquapac/insulin-pump-aquapac-model-158/>

Keeping everything stuck on

Tips and tricks to keep your pump and cgm firmly stuck and in place.



Skin Tac – This is like an extra sticky glue (safe for humans). In side each box is 50 individually wrapped wipes. Apply a wipe to the cannula tape or cgm tape and press firmly onto the skin. You can apply directly to the skin, but try to avoid the actual cannula insertion point. As the tape becomes unstuck, then use a bit more skin tac to resecure

the edges. Skin tac is very very sticky, and should help to keep all devices firmly stuck in place

To remove your medical devices (and that annoying sticky residue) – use tac away. Skin Tac and Tac away can be found on our web site here:

<https://www.funkypumpers.com/product-category/skin-tac-away/>



Dia Wipes have 25 wipes in each individual resealable pack. They are hypoallergenic and contain nothing that will distort your blood glucose reading. If you test on an unclean finger, you will not have an accurate result – and could therefore inject too much insulin. Keep a pack of dia wipes with your blood glucose testing kit.

Dia wipes can be purchased here:

<https://www.funkypumpers.com/product-category/blood-testing-glucose-blood-test-diabetes/>

Patches and other ways to secure your devices



We have a whole range of patches and arm bands to help secure your devices.

Patches for Ominpod, Medtronic, Libre, Dexcom, T slim and generic patches. Take a look at these links for some inspiration:

<https://www.funkypumpers.com/product-category/rockadex-cgm-pump-products/>

At Funky Pumpers we have a whole range of useful products for people with all forms of Diabetes.

Funky pumpers is co-owned by a Mum of a Type 1 Child. Our whole team are committed to finding practical and fun products for all of our customers.

Our range of products changes constantly. Take a look at our web site and look at the various options for wearing your insulin pump, for transporting your injection pens, for carrying your blood glucose monitor, or at our range of awareness products.



<https://www.funkypumpers.com/>

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