Diabetes & Travel

Travel can be fun, exciting and having diabetes shouldn't change that. So, if you have diabetes it's important that you research, plan and prepare for a successful trip.

Some things to consider before you go:

- Travel insurance
- Health care in other countries
- Languages spoken where you are going- learn the phrase "I have diabetes" in the language of countries you are going to, in case of emergency.
- Climates you are expected to encounter
- Clean water supplies and uncontaminated food

Plan your trip and medical supplies

- Medical check-up
- Sick day management plan
- Insulin and medication supplies
- Storing insulin
- Anti-embolic stockings
- Vaccinations
- Supplies and Packing List

Diabetes Australia Victoria has a large list of resource and tips to consider when travelling or see your health professional team for more information.

About This Resource

This brochure has been developed by the Central Highlands Primary Care Partnership in consultation with diabetes clinicians as a way to assist and support you and/or your carer with your diabetes management.

It is not intended to replace health professional support and education.

We encourage you to seek further information from your general practitioner, diabetes educator and other health professionals.

Information was current at the time of development of the brochure however some changes over time are inevitable.

It is recommended to check with your health professional to see if there are any changes.

We wish you well with your diabetes self care and hope you find this brochure useful.

If you would like to provide feedback about this guide please contact:

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Diabetes
Living With Diabetes



Information on diabetes in the Central Highlands region.

Image courtesy of photostock at FreeDigitalPhotos.net

Dated 2013

Diabetes Care Plans

We recommend discussing with your GP about your eligibility to access chronic disease care plans. These plans allow you to access a maximum of 5 subsidised individual allied health visits annually.

Allied health visits may include diabetes educators, exercise physiologists, dieticians or podiatrist which can help you manage your diabetes. If you have type 2 diabetes you may also be able to access allied health group services.

Diabetes In The Workplace

Most people with diabetes have long, productive, successful working lives with interesting and varied careers.

Diabetes Australia Victoria has developed the “An employee’s guide to diabetes in the workplace” booklet in response to questions, concerns and suggestions received from members of the diabetes community about diabetes in the workplace. In the booklet you will find information, hints and practical examples on how to balance your diabetes with your responsibilities and rights at work.
You can read the booklet online at www.diabetesvic.org.au or call Diabetes Australia Victoria on 1300 136 588 to have a copy posted to you.

Diabetes & Licences

If you hold a current licence of any sort and have diabetes, you are required by law to notify either VicRoads or the licensing body.

It is recommended that you notify VicRoads in writing and keep a copy of the notification. If you take medication for your diabetes you will need a medical report completed by your doctor to send to VicRoads.
It is also necessary to inform VicRoads if you have a commercial licence.

Some insurance companies also require that you notify them and it is advisable to check with your insurer.

For further information contact:

VicRoads Medical Review
www.vicroads.vic.gov.au
Phone: (03) 9854 2407

Diabetes Australia Victoria
www.diabetesvic.org.au
Phone: 1300 136 588

Going Into Hospital

If going into hospital we encourage you or your family/carer to inform medical staff of your diabetes and current treatment. Please ensure that your diabetes is monitored during your stay in hospital. Discuss with staff regarding your diabetes self management and develop an agreed plan for your stay in hospital.

Diabetes & Pregnancy

Pregnancy and pregnancy planning for a woman with diabetes requires a specialist team approach to protect both your health and the health of your baby. Talk to your diabetes educator or your health professional team. It is recommended that you read “Can I have a healthy baby?” booklet available free from your Diabetes Educator or Diabetes Australia Victoria .

Topics covered in the booklet include:

- Preparing for your healthy baby
- Nutrition in pregnancy
- Activity in pregnancy
- Insulin changes during pregnancy
- Labour and birth
- Breastfeeding