

Guidance for Diabetic Travellers from Novo Nordisk

Novo Nordisk have received numerous enquiries from the public concerning storing insulin in suitcases in the luggage hold of plane rather than carrying on as hand luggage and the risk of the insulin freezing whilst in the hold.

The following practical advice is being supplied only on the assumption that diabetic patient has tried and been unable to obtain exemption from airline/ airport authority, through use of a doctor's letter as proof of need for insulin and insulin definitely has to go in luggage hold.

1 Store insulin in air tight container such as vacuum flask in attempt to insulate from cold- or if no flask then wrap in bubble wrap or jiffy bag and then wrap in towel and place in centre of suitcase/bag.

2 The insulin should be examined to ensure no crystals or crack in vial- if this occurs, patient should try to obtain new supply at holiday destination

3 If insulin looks fine physically, it can be used but there is no guarantee that its molecular structure has not changed, and hence its time action profile so patient should monitor BMs more frequently and obtain a new supply if possible if there are any problems.

4 For patients using Novo Nordisk products, there is a customer services number they can telephone for advice and for company contact in the country they are visiting regarding supplies of insulin should need apply (tel 0845 600 5055).

Further information is available from the following website link:

<http://www.diabetes.org.uk/onlinenews/NewsStory.asp?id=2268>