



Managing Diabetes On The Go

Planning ahead can help you have less stress when managing your diabetes away from home. Even though diabetes is always with you, it does not have to get in the way of where you want to go.






Planning ahead

There may be good and bad days when managing your diabetes. Use the following questions to help you think about your experiences and ways to plan ahead.

Think of a time when you were away from home and managing your diabetes...		
	 Went well	 Did not go well
Where did you go?		
What did you do?		
What happened?		
What did you learn for the next time this happens?		

Things to take when you leave home

One way to plan ahead is to have a kit with everything you need when you are on the go. Work with your healthcare provider to identify what you can pack to help manage your diabetes when away from home.

I may need to have...	I will pack...	
 Snacks <i>Ex. Berries</i>	1. _____ 2. _____	3. _____ 4. _____
 Medicines <i>Ex. Oral diabetes medicine</i>	1. _____ 2. _____	3. _____ 4. _____
 Equipment <i>Ex. Glucose monitor</i>	1. _____ 2. _____	3. _____ 4. _____
 Testing Materials <i>Ex. Test strips</i>	1. _____ 2. _____	3. _____ 4. _____
 Other <i>Ex. Spare batteries</i>	1. _____ 2. _____	3. _____ 4. _____

(Continued)

Making Lifestyle Changes

Planning ahead can help you stay on track with eating healthy, staying active, and checking your blood sugar. This may not be easy when you are not at home. Think about these challenges. Work with your provider to make a plan that is right for you using the chart shown below.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">When I am at work</p>	<p> My challenge is: Example: <i>Eating Healthy</i></p> <hr/> <hr/> <hr/> <hr/>	<p>Why is it challenging? Example: <i>Sometimes I skip lunches because of long meetings.</i></p> <hr/> <hr/> <hr/> <hr/>	<p>I can try the following: Example: <i>I can keep snacks in my desk to eat before a long meeting.</i></p> <hr/> <hr/> <hr/> <hr/>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">When I travel</p>	<p> My challenge is: Example: <i>Monitoring blood sugar</i></p> <hr/> <hr/> <hr/> <hr/>	<p>Why is it challenging? Example: <i>My flight may be delayed, but my monitor will be in my checked bag.</i></p> <hr/> <hr/> <hr/> <hr/>	<p>I can try the following: Example: <i>I will take my monitor as a carry-on item.</i></p> <hr/> <hr/> <hr/> <hr/>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">When I am on vacation</p>	<p> My challenge is: Example: <i>Staying active</i></p> <hr/> <hr/> <hr/> <hr/>	<p>Why is it challenging? Example: <i>It is tough to find time to exercise while I am away.</i></p> <hr/> <hr/> <hr/> <hr/>	<p>I can try the following: Example: <i>Before I book a hotel, I can ask if they have a pool or exercise room.</i></p> <hr/> <hr/> <hr/> <hr/>

Ask your healthcare provider any questions you have about managing your diabetes away from home.

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