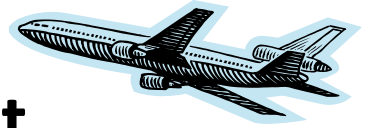




WESTWARD travel Basal Insulin Adjustment



STEP 1

Departure Info

City: _____

Time Zone: _____

Date / Time: _____

Arrival Info

City: _____

Time Zone: _____

Date / Time: _____

STEP 2

DAY BEFORE TRAVEL (date _____)

- Be sure to pack adequate supplies in your CARRY-ON bag -

Last dose of basal insulin: ___ units @ ___ am/pm

STEP 3

DURING TRAVEL

- Start travel with your watch set to your Departure Time Zone -
- Take your bolus insulin as needed for meals -
- Check your blood sugar frequently and watch for hypoglycemia! -

**At ___ am/pm DEPARTURE TIME ZONE
take ½ of your “usual” basal insulin dose = ___ units**

- Then set your watch to ___ am/pm (*Arrival Time Zone*) -

**At ___ am/pm ARRIVAL TIME ZONE
take ½ of your “usual” basal insulin dose = ___ units**

(This may be while still traveling or after arrival depending on the time)

STEP 4

AFTER ARRIVING (date _____)

- Resume normal basal insulin dosing in the Arrival Time Zone -

Next dose of basal insulin: ___ units @ ___ am/pm

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Intended for use under supervision of a licensed diabetes care provider



EASTWARD travel Basal Insulin Adjustment



STEP 1

Departure Info

Arrival Info

City: _____
Time Zone: _____
Date / Time: _____

City: _____
Time Zone: _____
Date / Time: _____

Number of time zones crossed: _____
Travel time: _____ hrs

STEP 2

DAY BEFORE TRAVEL (date _____)

- Be sure to pack adequate supplies in your CARRY-ON bag -

Last dose of basal insulin: _____ units @ _____ am/pm

STEP 3

DURING TRAVEL

- Start travel with your watch set to your Departure Time Zone -
- Take your bolus insulin as needed for meals -
- Check your blood sugar frequently and watch for hypoglycemia! -

$$\text{Travel Dose} = \left(\frac{\text{Normal Basal Dose}}{\text{Basal Dose}} \right) \times \left(0.9 - \frac{\# \text{ of time zones crossed}}{\text{hrs between basal insulin doses}} \right)$$

$$\boxed{\text{_____ units}} = \left(\text{_____} \right) \times \left(0.9 - \text{_____} \right)$$

Give travel dose @ _____ am/pm DEPARTURE TIME ZONE

- Then set your watch to _____ am/pm (*Arrival Time Zone*) -

STEP 4

AFTER ARRIVING (date _____)

- Resume normal basal insulin dosing in the Arrival Time Zone -
(*This may be while still traveling or after*)

Next dose of basal insulin: _____ units @ _____ am/pm

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