Patient Information

University Hospitals Coventry and Warwickshire NHS Trust

Paediatric Diabetes

Paediatric Diabetes - Holidays

- If you are travelling overseas, you will need a **sharps letter** from your P.D.S.N. (Paediatric Diabetes Specialist Nurse). This will enable you to carry sharps with you on your journey.
- You must carry all your medication and equipment that you use for the management of your diabetes **in your hand luggage**.
- You should have a Global Health Insurance Card (GHIC) to cover you in case of emergencies. Apply online: Applying for healthcare cover abroad (GHIC and EHIC) - NHS (www.nhs.uk)
- It is advisable that you take double the amount you need and split it with a travel companion if able, just in case one lot gets damaged or lost.
- You will probably need to reduce your dose of insulin while you are on holiday due to extremes in weather, exercise, and excitement. Contact your diabetes Team before you travel for advice on dose adjustments for holidays
- Take your P.D.S.N contact numbers in case you need advice while you are away.
- Most importantly, **have fun!**

Please contact your diabetes nurse on 024 7696 7230 if you feel that you need help.

Checklist for your holiday

Equipment	Hypo Treatment	Food	Paperwork	First Aid
Cool bag	Glucose tablets	Biscuits	Passport	Travel Sickness medication
Insulins	Carbohydrate snack	Cereal bars	Sharps letter	Paracetamol
Pen devices	Sweet drink	Cereals	Travel Insurance	Anti-diarrhoea medication
Needles	Fast acting glucose food	Sugar free drinks	Global Health Insurance Card	Insect repellent
Sharps box/Safe clip	Dextrogel/ Glucogel Gluco Boost	Snacks for exercise	Identification card/necklace or bracelet	Antiseptic cream/spray
Blood glucose meter	GlucoGen HypoKit		This information pack	Plasters
Finger pricking device			Guidebooks/ maps/ phrase books	
Lancets			Diabetes nurse contact number	
Blood glucose test strips				
Blood ketone test strips				
Blood glucose diary				

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the Department on 024 7696 7230.

The Trust operates a smoke free policy.

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www.uhcw.nhs.uk/feedback

Document History	
Department:	Paediatric Diabetes
Contact:	27230
Updated:	November 2025
Review:	November 2027
Version:	9
Reference:	HIC/LFT/551/07