

DIABETES TECHNOLOGY BACK-UP PLANNING

FOR TYPE 1 DIABETES

Blood Glucose Meter

Test Strips

Insulin Pen

Pen Needles



BACK-UP PLANNING FOR TYPE 1 DIABETES

When living with diabetes, we have extra kit and supplies that we have to use, regardless of how we choose to manage our blood glucose levels. So when we travel, we need to make sure we have enough supplies for that trip. But what if the technology fails, is lost or even stolen? Well, we need a back-up plan!

The likelihood of equipment just failing is not usually high, but other factors should be considered. Batteries can go flat, things can get lost or stolen and not all of our equipment is waterproof. Some of our diabetes kit is more easily replaced than others, but that can depend on where you are at the time.

Not only can the length and destination of your trip affect the likelihood of needing to use your back-up plan, but it can also increase the potential impact of your diabetes kit failing. The further away from home you are or the more remote the destination, the more backup kit you may want to take with you.

? WHAT IS A BACK-UP PLAN?

Back-up planning is about making sure that you have easy access to the kit that you need to stay safe and manage your diabetes.

Whatever technology we use, there are three main things we need to achieve this:

- Insulin
- Insulin delivery system
- Blood glucose information for dosing decisions



Beyond this, the level of detail in your plan is up to you and depends on how much disruption you are willing to accept to your daily diabetes management, and therefore your life, in the event that a piece of equipment fails or is lost. If you want to carry on with zero impact and continue managing your diabetes in the same way, then you will want to carry a lot more spares and supplies than if you are happy to just do what is needed for the trip's duration.

HOW DO YOU BUILD A BACK-UP PLAN?

Back-up plans generally take into account the following key considerations:



LENGTH OF TRIP



DESTINATION



DISTANCE FROM DOCTORS OR PHARMACISTS



LEVEL OF ACCEPTABLE DISRUPTION TO YOUR USUAL DIABETES MANAGEMENT

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□ Use the scenarios below and checklist overleaf to help with your backup planning:



SCENARIO 1: DAY TO DAY

You are usually at work, school or a local day trip with family, so you may not feel the need to carry a lot of spare kit with you. Your main back-up plan is to go home if something major happens. The spares that you carry are day to day things like extra insulin and test strips. The impact of kit failure is likely to be low due to your proximity to your home. In most locations, if you needed to, you could buy a meter from a pharmacy.



SCENARIO 2: SHORT TRIP

You are going to be away from home for a few nights and it's not easy or practical to pop home if you run out of supplies or any of your kit fails, gets broken or is lost. So, you will therefore need to pack more. Consider each item, and its importance in your management, and the maximum time you could realistically be without it. Your backup doesn't need to be sophisticated. If your pump fails, then a pen or syringe will be enough to keep you safe until you can get home and can get your pump replaced. If you have a spare meter, take it with you, but if you don't you can usually buy one from a local chemist in an emergency.



SCENARIO 3: HOLIDAY

Holidays are for relaxing, getting away from your day to day stresses and recharging the physical and emotional batteries. You don't want your diabetes getting in the way, so careful planning of what diabetes kit you need to take is necessary. You should consider quantities and contingency items you should include in your kit.

The first objective is always to stay safe, but on holiday you want as little disruption if something goes wrong, so the amount of back-up kit you decide to take may be significant.

TIPS:

- Carry spare insulin and test strips and a syringe to cover short term needs
- Keep some hypo treatments with you
- Don't leave spare insulin in the car as it may get too hot or too cold
- Always carry some cash, just in case electronic payments fail and you need to buy some hypo treatments
- Keep some additional spares at work or school, if possible, especially for emergencies
- Wear your type 1 ID (if you have it) or have something in your wallet to confirm you have type 1 diabetes
- Set-up Medical ID on your phone, including your emergency contact and medication details

TIPS:

- If you will be out of the country, check that your travel insurance is up to date and covers any diabetes-related emergencies
- Check where the local pharmacy is, just in case you need it. Pharmacies will also be able to suggest local doctors, if needed.
- Work out what spare consumables you need (insulin, strips, pump supplies) and then take one extra of each item
- Don't forget those chargers and cables!

TIPS:

- Is your travel insurance up to date and does it cover diabetes emergencies and loss of kit. In the US, does your insurance cover you for supplies in all states?
- Find out where local pharmacies and doctors are
- Take a spare meter (consider where you can get a new one if needed)
- Test Strips – Take loads of spares and make sure that they have not expired
- CGM – Take enough spare sensors plus more (and consider if the transmitter will need replacing whilst away)
- Insulin – Make sure you take enough with you, and remember that you may need more as you could be eating foods that are different from usual
- Pumps – Get a holiday loaner pump from the supplier (don't forget to take a record of your settings too)
- Make sure you have the correct power adapters
- Plan for delays – what if a flight is cancelled or delayed
- Ensure you have a letter from your doctor for airport security
- Write down and learn how to say 'type 1 diabetes' and 'hypoglycaemia' in local language

Always remember that your safety net is medical help, so make sure you know how to access it, wherever you are.



DIABETES TECHNOLOGY BACK-UP CHECKLIST

Please find below a suggest checklist for you to use to plan for each scenario and help you prepare for each type of trip. It includes a list of suggested back-up options for your usual diabetes kit and is designed to help you prepare for each scenario by ticking-off the equipment you require. As with everything in diabetes, what back-up you select really depends on your individual preferences and discussions with your healthcare professional, and the below is just a collection of suggestions that you might find useful based on the experience of the people who contributed to this guide.

		SUGGESTED BACKUP			
EQUIPMENT	DAY TO DAY	SHORT TRIP	HOLIDAY	EMERGENCY PLAN (OR SECOND LEVEL BACK-UP)	
MEDICATION					
Insulin – Fast acting	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spare + 1	<input type="checkbox"/> Carry Spare > 1	<input type="checkbox"/> Emergency prescription or letter from physician	
Insulin – Long acting	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spare + 1	<input type="checkbox"/> Carry Spare > 1	<input type="checkbox"/> Emergency prescription or letter from physician	
Insulin – Inhalable	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spare + 1	<input type="checkbox"/> Carry Spare > 1	<input type="checkbox"/> Emergency prescription or letter from physician	
DELIVERY METHOD					
Insulin Pen	<input type="checkbox"/> Spare at home	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spare x 2	<input type="checkbox"/> Insulin vial and syringe	
Pen Needles	<input type="checkbox"/> Carry spares	<input type="checkbox"/> Carry spares	<input type="checkbox"/> Carry spares	<input type="checkbox"/> Insulin vial and syringe	
Insulin Pump	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	<input type="checkbox"/> Spare or loaner pump	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	
Infusion Sets	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spare + 1	<input type="checkbox"/> Carry spare > 1	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	
Cartridges (tubed pump)/ pods (tubeless pump)	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spare + 1	<input type="checkbox"/> Carry spare > 1	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	
Personal Diabetes Manager (PDM)	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	<input type="checkbox"/> Carry spare or pre-filled insulin pen or insulin vial and syringe	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	
DIY APS	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	<input type="checkbox"/> Spare or loaner compatible pump and accessories	<input type="checkbox"/> Off loop pumping, pre-filled insulin pen or insulin vial and syringe	
MONITORING DEVICE					
BG Meter	<input type="checkbox"/> Spare at home	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Buy from shop	
Test Strips	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spares	<input type="checkbox"/> Carry spares	<input type="checkbox"/> Buy from shop	
CGM / Flash – Sensors and Transmitters	<input type="checkbox"/> BG meter and test strips	<input type="checkbox"/> Carry spare + BG meter and test strips	<input type="checkbox"/> Carry spare + BG meter and test strips	<input type="checkbox"/> BG meter and test strips	
CGM / Flash - Receiver / Reader	<input type="checkbox"/> BG meter and test strips	<input type="checkbox"/> BG meter and test strips	<input type="checkbox"/> BG meter and test strips	<input type="checkbox"/> BG meter and test strips	
OTHER EQUIPMENT					
Batteries	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spare + 1	<input type="checkbox"/> Carry Spare > 2	<input type="checkbox"/> Buy from shop	
Charging Cables	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Buy from shop	
Riley Link (For DIY Loopers only)	<input type="checkbox"/> Spare at home	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Carry spare	<input type="checkbox"/> Off loop pumping	
Smart Phone CGM/ Flash App	<input type="checkbox"/> BG meter and test strips	<input type="checkbox"/> BG meter and test strips	<input type="checkbox"/> BG meter and test strips	<input type="checkbox"/> BG meter and test strips	
Smart Phone Loop App	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	<input type="checkbox"/> Pre-filled insulin pen or insulin vial and syringe	<input type="checkbox"/> Off loop pumping, pre-filled insulin pen or insulin vial and syringe	
Hypo Treatments	<input type="checkbox"/> Carry spares	<input type="checkbox"/> Carry spares	<input type="checkbox"/> Carry spares	<input type="checkbox"/> Buy from shop or use alternative source of glucose	