

Doctor's Letter for Travel

Why travel with a letter from your doctor?

Even though most airport security is familiar with passengers traveling with medical supplies, sometimes you will get extra questions and it can be very helpful to have a doctor's letter speaking to your specific condition and the necessary supplies. Below is the wording of the doctor's note I've used to travel both domestically and internationally that you can use to help your provider or to check a letter you already have for the relevant points to be included. I recommend having a doctor's note in the primary language of any country you are planning on traveling to in order to avoid any lost in translation moments -- I have included the Spanish translation on the next page.

My Doctor's Letter

[Your Name] has been diagnosed with type 1 diabetes mellitus, a lifelong disease that substantially limits endocrine function. Specifically, **[pronoun]** body does not produce insulin. Insulin is necessary to convert glucose, which comes from food, into energy that the body can use. Because **[pronoun]** has diabetes, **[pronoun]** uses insulin through self-administration of injections via an insulin pump/pen/insulin syringe multiple times a day/an insulin pump to manage **[pronoun]** diabetes. Without these measures, **[pronoun]** would die within days or weeks/experience increased urination, weight loss, kidney failure, diminished vision, and other complications.

[pronoun] must carefully monitor her blood glucose level to determine whether there is too much or too little glucose in **[pronoun]** blood, and **[pronoun]** must take action to correct for any high or low blood glucose levels. High blood glucose, or hyperglycemia, can cause **[pronoun]** to experience tiredness, weakness, and other symptoms. Low blood glucose, or hypoglycemia, can cause **[pronoun]** to feel shaky, confused, have difficulty speaking, and experience other symptoms.

It is my medical opinion that **[pronoun]** must carry supplies for the Dexcom continuous glucose monitor, **[pump name]** pump supplies, blood glucose meter, test strips, lancets, pen needles and injection syringes, as well as travel with juice, glucose and snacks during travel. **[pronoun]** must also carry insulin with **[pronoun]** which may be inside a cool bag/container to maintain its temperature during travel. With these accommodations, **[pronoun]** can fully and safely participate in **[pronoun]** diabetes care during travel and upon return to destination.

Doctor's Letter for Travel

My Doctor's Letter - Spanish Translation

[**Tu Nombre**] ha sido diagnosticada de diabetes mellitus de tipo 1, una enfermedad de por vida que limita sustancialmente la función endocrina. Específicamente, su cuerpo no produce insulina. La insulina es necesaria para convertir la glucosa, que procede de los alimentos, en energía que el cuerpo pueda utilizar. Al padecer diabetes, se inyecta insulina varias veces al día con una bomba de insulina / pluma / jeringuilla de insulina para controlar su diabetes. Sin estas medidas, moriría en cuestión de días o semanas / experimentaría un aumento de la micción, pérdida de peso, insuficiencia renal, disminución de la visión y otras complicaciones.

La paciente debe monitorizarse cuidadosamente el nivel de glucosa en la sangre para determinar si hay demasiada o muy poca glucosa en la sangre, y debe tomar medidas para corregir cualquier nivel alto o bajo de glucosa en la sangre. Un nivel alto de glucosa en la sangre, o hiperglucemia, puede provocar cansancio, debilidad y otros síntomas. Un nivel bajo de glucosa en la sangre, o hipoglucemia, puede provocar temblores, confusión, dificultad para hablar y otros síntomas.

Mi opinión médica es que debe llevar consigo suministros para el monitor continuo de glucosa Dexcom, equipo de bomba de insulina [**pump name**], un medidor de glucosa en sangre, tiras reactivas, pinchadores, agujas para pluma y jeringuillas para inyecciones, así como jugo, glucosa y bocadillos durante el viaje. También debe llevar insulina consigo, que puede estar dentro de una bolsa / recipiente refrigerante para mantener su temperatura durante el viaje. Con estas medidas, puede participar plenamente y con seguridad en el cuidado de su diabetes durante el viaje y al regresar a su destino.