ACCU-CHEK® Combo

Roche

Accu-Chek® Combo
Travelling & Holiday Guide

ACCU-CHEK®

Preparation

- Take **twice** as many supplies as you need for your trip.

☐ Cartridge

☐ Infusion Set

☐ Cannula only

☐ Insertion Device

☐ Batteries

☐ Test Strips

- Please ensure you have a spare insulin pen for both your background and short acting insulin. Even if you have a spare pump it is wise to take **backup pen therapy**.

- Carry your supplies in your **hand luggage** and split with a travel companion if possible. Insulin must **not** go into the luggage hold as it may freeze.
- Be sure you have sufficient travel insurance for your diabetes and your pump. The pump or handset would **not** be covered in the case of accidental damage or loss.
- In the event of an **emergency** you can contact the Roche UK office from abroad on **0044 1444 256000** for technical advice. Make sure you have contact details for your Healthcare Professional too.
- Think about the difference in **time zones** between countries and decide what approach you're going to take in adjusting your basal rate and **clock** when arriving at your destination. You might need to discuss this with your Healthcare Professional or refer to the "Accu-Chek Pump Starter Guide" on page 40.

At the Airport

- **Carry a doctor's note** on the Hospital's letter headed paper stating that you have diabetes and use an insulin pump and carry necessary supplies.
- Ideally carry another form of Diabetes ID e.g. bracelet, necklace or card.
- Disconnect pump to pass around body scanner.
- Ensure the Bluetooth® is switched off when boarding the aircraft.

Airport X-Ray Machines, Metal Detectors and Full Body Scanners

The pump should not be used near electromagnetic fields such as X-Ray sources, as they may cause the pump to fail (see user manual page 61). In this case there is no risk for your own safety, it just means that insulin delivery may stop and an Error E7: ELECTRONIC ERROR may occur.

Whenever possible, we advise you to disconnect the pump to pass around the body scanner.

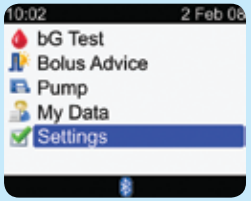
Most airports are aware that an insulin pump is not supposed to go through an X-Ray Machine. However it might happen in some countries that the airport staff will insist that that the pump will need to go through the X-Ray machine. If the airport requires the pump to go through the X-Ray machine at any point, place the pump into STOP. At this point you can remove the battery and the pump can then go through the X-Ray Machine.

We suggest you contact the airport before travelling to ask what their procedure is. Then you can plan before travelling and know what to expect on the day that you fly.

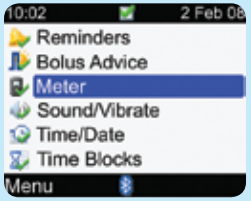
Bluetooth® when Flying

Most airlines will require you to turn off the Bluetooth which is used to connect your pump and handset. To disable the Bluetooth please follow the instructions below. The same process should be used to turn the Bluetooth back on again:

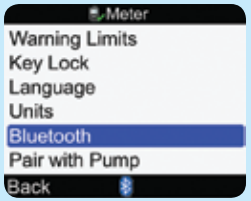
Switching OFF Bluetooth® on the Handset



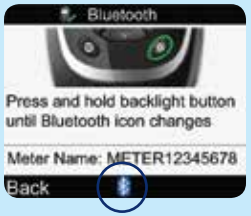
1. From the main menu, press ▲ or ▼ to move to Settings. Press ⬭ to enter.



2. Press ▲ or ▼ to move to Handset. Press ⬭ to enter.



3. Press ▲ or ▼ to move to *Bluetooth®*. Press ⬭ to enter.



4. Press and hold ☼ until the Bluetooth® icon changes (about three seconds).

Switching OFF Bluetooth® on the Pump

1. Press ⧉ to move to the BLUETOOTH SETTINGS screen.

2. Press ✓ to select. The BLUETOOTH ON/OFF screen appears.

3. Press ⌄ to select OFF. Press ✓ to save and exit.

Remember that you can still bolus on the pump directly whilst the Bluetooth is switched off.

For further information, please look at page 87 of the Accu-Chek Combo Handbook.

On Holiday

- Make sure you have access to a secure fridge, cool bag or box to keep insulin cool in a hot country.
- Make sure you keep insulin (and the Accu-Chek Insulin pump system) from freezing in cold country by keeping it close to your body.
- For the first few days of your trip keep an extra close eye on your blood sugars. Insulin requirements are likely to change with variations in temperature, activity and diet.

- Always take plenty of glucose, carbohydrates and pump supplies (e.g. batteries) on day trips. The amount of activity/exercise and the length of the day can be unpredictable.
- **Temperatures!** The Accu-Chek Combo System can be exposed to temperatures of **5–40°C**. The Accu-Chek Aviva test strips can be used between a range of **8-44°C**.
- When swimming, make sure you disconnect your pump, keeping it in a secure location and out of the sun. Remember to re-connect and test at least once an hour and correct as necessary.

Further Information

To order your insulin pump supplies for your holiday you can contact our Pump Careline on

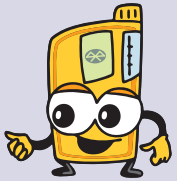
0800 731 22 91 (UK)

1800 882 351 (ROI)

For information on travelling please have a look at the website below:
www.accu-chek.co.uk/travelling

Also looking at **Section 7: Lifestyle Advice** (page 38) in the "Accu-Chek Pump Starter Guide" gives tips for general day to-day activities.

To download the Accu-Chek Pump Starter Guide, log on to the members area of our website:
www.accu-chek.co.uk/pumpmembers1
www.accu-chek.ie/pumpmembers1

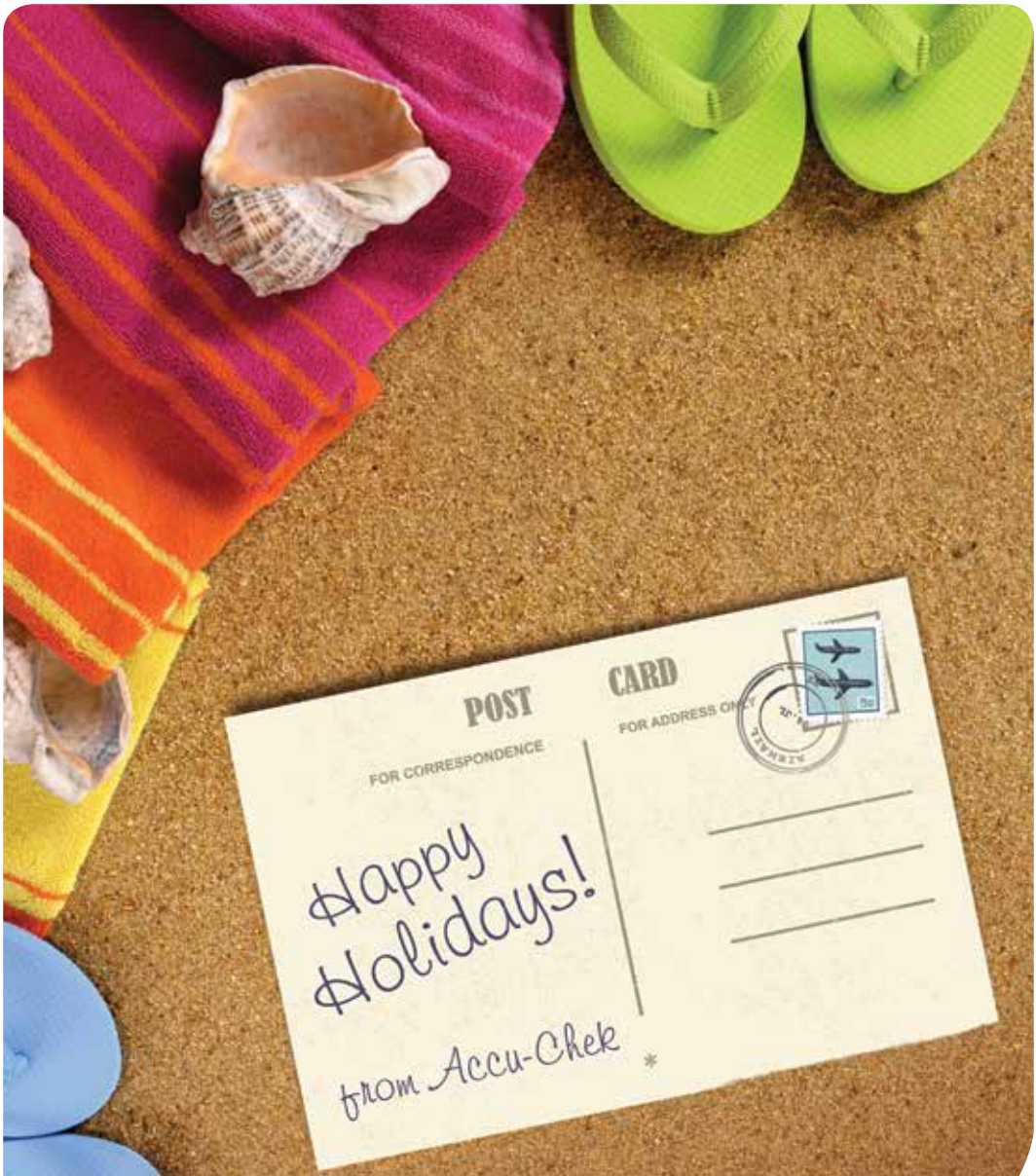


Useful Websites

Kits bags to carry all your pump, infusion set and consumables
www.desang.net

Medication cool bags are useful in hot climates
www.friouk.com

Waterproof cases for keeping your pump dry
www.store.aquapac.net



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