



# Air travel with diabetes

If you're traveling by plane, you'll go through security screening at the airport. The U.S. Transportation Security Administration (TSA) takes some extra steps to check medications, medical supplies, and snacks at the airport, so give yourself plenty of time.

## Before you get to the airport

Make sure your medications and supplies:

- Have their prescription labels on the bottles or packages.
- Are in a bag you can take on the plane. (You also can put them in a clear zip-top bag to make it easier for TSA officers to see them.)

## Going through airport security

When you get to the airport security checkpoint, tell the TSA officer that you have diabetes and that you're carrying your medication and supplies. If you're wearing an insulin pump or glucose monitor, tell the officer where it is.

- **Medication and supplies:** The TSA officer will check your medication and supplies and test them if necessary. If you're carrying a juice box or another liquid that is more than 3.4 ounces, the officer might check that, too.
- **Insulin pump or glucose monitor:** If you're wearing one of these devices, you won't have to remove it. The TSA officer will look it over. Or they might ask you to "pat down" the device yourself. Then they'll check your hands for any signs of explosives.
- **Snacks:** You can bring most types of snacks with you on the plane. Pack a fast-acting carbohydrate (such as raisins or glucose tablets) in case your blood sugar is too low. You should also bring a snack (such as a cheese sandwich or peanut butter and crackers) in case you can't eat on time. If you're not sure about a snack you want to bring, visit the TSA's "What Can I Bring" website at <https://www.tsa.gov/travel/security-screening/whatcanibring/food>.
- **If you have questions or concerns:** You can ask to speak to a supervisor at any time during the screening process.



### Tip

If you have an insulin pump or other things related to using insulin, make sure you have the insulin itself with you. The insulin has to be clearly labeled, no matter what form it comes in.



For more information or to ask for help going through airport security, visit the TSA Cares help page at <https://www.tsa.gov/travel/passenger-support> or call 855-787-2227.