

Sample Letter for Traveling with Diabetes

(to be put on provider's letterhead)

Date:

RE: Patient's Name

To Whom It May Concern:

[*Patient's name*] has type [*1 or 2*] diabetes and is under my care. It is medically necessary for [*him/her*] to carry the following diabetes medications and supplies and that they be available at all times [*delete items that are not applicable*]:

- A blood glucose meter [*insert brand name*] and test strips for this meter, as well as lancets (small sharps) for obtaining a blood sample and a lancing device.
- Continuous glucose monitoring system (CGM) [*insert brand name and sensor information*]
- Insulin for injection [*insert brand name and type of delivery system*]
- Insulin pump [*insert brand name and infusion set information*]
- Oral diabetes medications [*insert brand or generic names*]
- Byetta (exenatide) for injection: a pen device with attachable pen needle which must be kept cool with a cold pack.
- Symlin (pramlintide) for injection: a vial and syringe or a pen device with attachable pen needle
- Ketone strips
- Glucagon: an injectable prescription drug to treat severe low blood glucose
- Glucose tablets or glucose gel to treat low blood glucose (hypoglycemia)

If you have any questions regarding this patient and [*his/her*] medical care, please contact my office at [*insert provider's phone number*].

Sincerely,

[*Provider's signature*]