

Flying with Diabetes

Diabetes is a medical condition that affects the body's ability to process blood sugar which can lead to serious health problems. Managing the condition requires constant care and attention, so it is understandable that travel of any kind can be especially daunting for those living with the condition.

How does Qatar Airways support customers travelling with diabetes?

Qatar Airways passengers can pre-order a diabetic meal (DBML) when purchasing their ticket, or with online check in at least 24 hours before their flight's scheduled departure time. Always ensure that you pack your snacks, including rapid-acting carbohydrates such as glucose tablet and sweets, in your carry-on bag where you can easily reach them in case your flight or meal is delayed.

If you use a diabetic syringe and require safe disposal, please contact a crew member who can assist at any time. Additionally, many of our aircraft are fitted with sharp disposal boxes within the toilets for discreet disposal.

If you require assistance at any point throughout your journey, all Qatar Airways crew members are First Aid-certified and available to assist in the event of a medical emergency.

What are the latest guidelines for travelling with diabetic medicines and equipment on Qatar Airways flights?

Airport security guidelines state that passengers are allowed to carry liquids up to 100 ml in a transparent re-sealable plastic bag, and that sharp objects are not permitted in hand luggage. However, there are exceptions for medical supplies, So always carry a prescription for your medication and ensure that it is clearly identified.

Remember to notify security officials that you have diabetes and are carrying your supplies, such as insulin, needles or syringes, in your hand luggage in case they are needed during the flight and that the freezing temperatures in the hold can degrade medications.

What other advice would you offer to those travelling with medical equipment, such as needles and syringes?

Pay attention to the direction of your flight. If you are travelling eastward, you will lose time and may require less intermediate or long-acting insulin. If you are travelling westward, you will gain time and may require extra short-acting insulin and food.

High altitudes can affect the accuracy of glucose meters. Your doctor may recommend that you bring a backup testing method (such as Ketone-detection urine test strips) to verify glucose meter results.

Above all, please be a considerate traveller and remember it is a very distressing experience for other passengers and crew to discover or be injured by discarded needles and syringes, whether used or unused. By ensuring you store and dispose of any sharps properly and safely, you are helping us to keep your fellow passengers, cabin crew and other Qatar Airways staff safe.

For extra tips on how to manage your diabetes while travelling please consult with your local family doctor or medical professional.

Key Points to remember

- Ensure all syringes and needles are disposed of properly
And safely in sharps disposal boxes on board.

Carry a copy of your prescription for all medicines and
Medical equipment to be carried in hand luggage.