

Travelling by air with Freestyle Libre



Using new forms of diabetes technology (such as insulin pumps, continuous glucose monitors (CGM) or flash glucose monitors) during airport security can present difficulties. Airport security staff are tasked to ensure above all, the safety of the aircraft and its passengers, but this can come into conflict with the safe working of insulin pumps, and continuous glucose monitoring devices.

It is recommended that users should:

- Contact the airport that they are travelling from to find out what type of security screening they use (particularly in relation to whole body scanners).
- Carry documentation from their doctor or diabetes specialist nurse, explaining that they have diabetes and that they use an insulin pump, CGM or flash glucose monitor.

The letter or documentation should state the following:

1. That the device is worn by the user because they have diabetes and because their healthcare professional has determined that it is in their best clinical interests to wear it.
2. That an insulin pump should not be removed unnecessarily, and if it is regarded as necessary then it should be for no longer than is deemed necessary owing to security concerns. In any event, it cannot be removed for longer than an hour.
3. That a CGM or Freestyle Libre should not be removed at all.

It is also recommended that users should:

- Carry documentation from their insulin pump or CGM company to explain that the pump should not go through X-ray scanners (if this is applicable to their specific device)
- If the individual's device is compatible or incompatible with X-ray screening and whole-body scanners.
- The other diabetes supplies that the user is required to carry, such as insulin pens.
- This information can be backed up by a letter or information from the manufacturer of the device.
- Diabetes UK also recommends that people who use an insulin pump or CGM carry a copy of the information that has been sent to all UK airports, in case security staff are not familiar with it:
https://www.ufofreight.com/uploads/letterfromaoa_1471157823.pdf

SPECIFIC ADVICE FOR ABBOT FREESTYLE LIBRE USERS

The Freestyle Libre sensor can be worn during whole body scanning with no effect on its performance. The Freestyle Libre reader can go through the airport X-ray screening system.