

Holidays and diabetic foot care

Diabetes and Endocrinology Patient Information Leaflet

Introduction

This leaflet is for people with diabetes who are going on holiday. Going on holiday can mean a change to your routine, which may increase the risk of foot problems. This leaflet gives simple precautions to follow, to make sure you can avoid common foot problems.

What can I do to help myself?

- Long journeys on coaches, planes and in the car can make your feet swell. Try and take a walk every half an hour or so to reduce this. Do not wear tight shoes to travel in. When you arrive, rest with your feet raised up on a chair or bed. Only wear flight socks if your GP has advised you to do so.
- If you normally wear hospital shoes, take them and wear them on holiday. Never buy new shoes especially for your holiday – they may rub and cause an ulcer. If you have hospital shoes, wear them at all times, even on holiday.
- Wearing shoes without socks or tights can be risky and may cause rubbing or blisters, especially if your feet are hot and sweaty. **Always wear socks or equivalent.**

- Avoid walking barefoot. On the beach, by the pool and in the sea, wear neoprene protective beach shoes. You can buy these in most beach and holiday resorts.
- Avoid sunburn. Apply a high factor sun screen (at least SPF 15) to your feet and legs regularly.
- You may need to put moisturising cream on your feet more often, especially on your heels.
- Take small packets of antiseptic, sterile gauze and sticking plasters with you. Clean any small blisters, cuts or grazes and apply gauze. Seek advice immediately for anything other than the smallest problem – never wait until you get home (see the section ‘Medical advice while you are on holiday’).
- Examine your feet every day for sore or red areas, blisters, swelling or discharge. Remember that you may be more active when on holiday which can increase the risk of problems.
- Insect bites may be troublesome. We would recommend using an insect repellent to reduce the risk of being bitten. If bites turn red or weep, this may be an infection, so **seek medical advice** (see the section ‘Medical advice while you are on holiday’).

Medical advice while you are on holiday:

- If you are in the UK, ring NHS 111 or go to your local urgent care centre.
- If you are abroad, ask for advice about where to find local medical care from your holiday rep or the resort or hotel manager.

It is a good idea to take this leaflet with you on holiday. Our contact details are below, so please give us a call if you need any advice while you are away.

Contact details

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Diabetes and Endocrine Centre on:

01384 244399 (8.30am to 4.30pm, Monday to Friday)

Diabetic Foot Clinic on 01384 244594

(8.30am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/diabetes-and-endocrinology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔