

## **Changing basal insulin across timezones**

Not infrequently I am asked by my patient, “What should I do with my once or twice daily basal insulin shot when I am travelling across time zones?”

My general advice is that if the trip is less than a 4-5 days they continue to take the basal insulin without adjustment for time zone - i.e. at the same time of day, or as close to that as possible, in the home time zone.

Otherwise, I suggest the patient move the time of basal insulin injection by no more than 4 hours every day, until they end up taking it at the same time in the new time zone as they did in their original time zone.

Rapid (meal-time) insulin timing is unaffected by travel - such insulin is taken whenever eating!