

Peça ao seu médico para fazer uma receita assinada e carimbada para você colocar junto ao seu passaporte.

Altere o nome, ano de diagnóstico e tipos de insulina que você utiliza.

**Receita para quem usa bomba de insulina:**

**Marina de Barros Collaço** has had type 1 diabetes since **2001** and uses **an insulin pump as her primary therapy**. The insulin she relies on for survival is **Novorapid, an aspart insulin**. She needs to keep, at all times during the flight, her blood glucose test, syringes, test strips, liquid glucose or some sugary liquid to treat hypoglycemia, glucose sensors, lancets, and needles in her carry-on luggage.

**Receita para quem usa canetas de insulinas:**

**Marina de Barros Collaço** has had type 1 diabetes since **2001** and uses insulin pens as her primary therapy. The insulins she relies on for survival are **Novorapid (aspart insulin)** and **Lantus (glargine insulin)**. She needs to keep, at all times during the flight, her blood glucose test, syringes, test strips, liquid glucose, or some sugary liquid to treat hypoglycemia, glucose sensors, lancets, and needles in her carry-on luggage.