

# Detemir (Levemir®)



## **NIGHT BEFORE**

Take your detemir dose(s) at the normal time(s) on the day before your flight.

## **WHILE TRAVELING**

Continue to take bolus doses with your meals. If you are having additional meals during the extended day, take bolus insulin with these meals.

## **WHEN IT'S TIME FOR YOUR NEXT DOSE**

Take your next dose at the regular time based on your original time zone. If you take different amounts in the morning and night, consider averaging out the two doses. Change your watch to the new time zone.

## **DURING YOUR TRIP**

Keep taking your detemir insulin at these same times during your trip.

## **24 HOURS AFTER LAST DOSE**

Once you come back home, take your insulin at the normal time(s).