

# Glargine U100 (Lantus® or Basaglar®)



## **NIGHT BEFORE FLIGHT**

Take your glargine dose at the normal time.

## **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.

## **24 HOURS AFTER LAST GLARGINE DOSE**

Take your next glargine dose.

## **DURING YOUR TRIP**

Keep taking glargine every 24 hours.

## **WHEN BACK HOME**

Once back home, keep taking glargine at your usual time.