

5

# Travel Tips with GLP-1 Medications

## 1. Understand TSA Guidelines

If you're traveling by plane, you need to be aware of TSA (Transportation Security Administration) regulations regarding prescription medications. The good news is that TSA allows passengers to bring prescription medications in both carry-on and checked luggage.



## 2. Keep Your Medication at the Right Temperature

One of the biggest challenges when traveling with GLP-1 medications is maintaining the proper storage conditions. Many GLP-1 injections need to be refrigerated before use, but once opened, some can be kept at room temperature for a certain period.

## 3. Plan Your Medication Dosing Schedule

Changing routines—whether it's a shift in time zones, disrupted meal schedule, or busy travel day—can make it harder to remember to take your medication on time. However, staying consistent is crucial for maintaining its effectiveness.



## 4. Pack Backup Supplies in Case of Delays

Flight delays, lost luggage, surprise layovers—travel loves a good plot twist. To avoid running out of your GLP-1 medication while away, pack more than you think you'll need so you're not stuck without it. Always carry at least a few extra doses in case your return trip is delayed.

## 5. What to Do If You Lose or Damage Your Medication

If you lose or accidentally damage your GLP-1 medication while traveling, don't panic—you have options. Contact your pharmacy or telehealth provider, as many online and retail pharmacies can assist you. If you're in another country or have limited access to a refill, call your doctor for guidance on the best next steps based on your treatment plan.

