



Diabetes and Driving

To keep you and others on the road safe, it is your responsibility to adhere to these guidelines.

If you take insulin and/or diabetes meds that could cause a low blood sugar, **test your blood sugar before driving.**

Follow these guidelines based on your blood sugar:

Blood sugar of 5 or more:

Good to drive.

Blood sugar between 4 and 5:

Have a snack before you drive (i.e. toast and peanut butter).

Blood sugar of 4 or less: Do not drive.

Treat the low blood sugar:

1) Use quick sugar to bring up blood sugar

- Ex. of 15 grams of quick carbs:
4 "Dex 4" Tablets 6 Lifesavers
 $\frac{3}{4}$ c juice or regular pop 3 sugar packets

2) Wait 15 minutes.

- Re-test blood sugar. If it remains less than 4, treat again

3) Once blood sugar is more than 4, have a snack:

- I.e. toast & peanut butter or crackers & cheese

If you had a low blood sugar level, wait for 45 to 60 minutes before driving!

While driving:

- Test blood sugar every 4 hours during long drives
- Limit driving to a maximum of 12 hours
- Eat meals 4 to 6 hours apart – not longer
- Carry your meter, test strips, quick sugar to treat a low blood sugar and snacks

Stop driving at the first sign of a low blood sugar (feeling shaky, sweaty, confused).

- Pull to the side of the road
- Remove keys from the ignition
- Test your blood sugar
- Treat your low blood sugar as above

Commercial Driving:

Test your blood sugar every 4 hours.

Blood sugars should be > 6 for long distance or commercial driving.