

## Diabetes and Driving

- If you drive and have diabetes, it's important to know that a low blood sugar (hypoglycemia) can greatly affect your judgement and driving skills. Your ability to drive can be impaired for at least **45 minutes** after a low blood sugar has been treated and is back to normal.
- Talk to your doctor, diabetes educator, or pharmacist to see if the diabetes medicine you're taking puts you at risk for low blood sugars. If you're at risk, follow these guidelines to keep you and others safe.

### Getting Ready to Drive

- Check with your licensing body about how often you need a medical exam to keep your license.
- Always have your blood sugar meter (glucometer) with you. Use a glucometer with an electronic memory or keep a record of your blood sugar levels.
- Wear your medical alert identification that says you have diabetes.
- Make sure you have quick-acting sugar (e.g., glucose tablets, juice) within easy reach of the driver's seat (e.g., attach it to the sun visor or the centre console).
- Keep snacks with carbohydrate and protein in your car (e.g., nuts and dried fruit, snack bar).

### Before Driving

Test your blood sugar right before driving. Monitor your blood sugar at least every 4 hours when driving long distances. Your blood sugar must be **over 4.0 mmol/L** to drive.

#### If your blood sugar is **lower than 4.0 mmol/L**:

- Take 15 grams of quick-acting sugar (e.g., ½ cup juice/regular pop, 4-Dex 4 tablets®, or 6 LifeSavers®).
- Wait 15 minutes and re-check your blood sugar. If below 4.0 mmol/L, re-treat with 15 grams of quick-acting sugar.
- Once over 4.0 mmol/L, have a snack.
- Wait at least 45 minutes after eating a snack and your blood sugar level is at least 5.0 mmol/L before you drive.

### While You're Driving

- If you think your blood sugar is low, pull off the road, test your blood sugar, and treat like above.

*For more information about private and commercial driving with diabetes, go to [diabetes.ca](http://diabetes.ca) and search for driving and licensing.*

*This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.*

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