

Diabetes and Driving Guidelines

To keep you and others on the road safe, it is important that you follow these guidelines



Before Driving

1. Prepare your car and make sure you have a supply of:
 - A quick sugar source (eg. 15g of glucose tablets)
 - Non-perishable snacks (granola bar or portion packaged cookies)
 - Your blood glucose meter and test strips
2. Blood Sugar Testing:
 - Test your blood sugar immediately before driving
 - Test your blood sugar every 4 hours if you are driving long distances
3. Blood sugar should be **“over 5.0 to drive”**
 - **Commercial** drivers should maintain a blood sugar over 6.0
4. If you have a low blood sugar (≤ 4.0 mmol/L):
 - Treat the low blood sugar with 15 grams of quick sugar first:
 - Drink $\frac{3}{4}$ cup juice OR regular pop
 - OR Have 15g of glucose tablets
 - **Retest your blood sugar in 15 minutes. If it is below 4.0, RETREAT with quick sugar.**
 - Once your blood sugar is above 4.0, if it is more than an hour before your next meal, have a small snack of 15 grams of carbohydrate and protein. For example $\frac{1}{2}$ sandwich or cheese & 6 crackers

If you had a low blood sugar, wait for 45-60min before driving

While Driving

If you think that your blood sugar is **low** (you're shaky, sweaty, confused):

1. **Immediately** pull off the road.
 2. Remove your keys from the ignition.
 3. Test your blood sugar.
 4. Treat a low blood sugar as described above.
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Reference:

Begg, I. et al. Canadian Diabetes Association Clinical Practice Guidelines for Diabetes and Private and Commercial Driving. *Canadian Journal of Diabetes*, 27(2). 128-140.