



When you have diabetes you need to keep your blood glucose in good control and take an active role in your diabetes management by testing your blood sugar frequently and recording it in your logbook.

## **Recommendations for the driver who takes insulin and/or oral meds that could induce hypoglycemia (low blood sugar):**

- Bring your blood glucose meter with you in the vehicle.
- Test immediately before driving and at least every **four** hours during long drives.
- Never drive if blood sugar is less than 4 mmol/L. A reading between 4-5 mmol/L indicates you need to eat something before driving.

### **Always carry some form of quick sugar with you, eg:**

- |                          |                              |                         |
|--------------------------|------------------------------|-------------------------|
| • Juice (3/4 cup)        | • Sugar packets (3)          | • Regular pop (3/4 cup) |
| • BD glucose tablets (3) | • Dex 4 glucose Tablets® (4) | • Lifesavers® (6)       |

You should also have a snack of 15 grams of starch in the car to maintain safe blood sugar once the low blood sugar has been treated eg: 7 soda crackers or 1/2 an English muffin or 3 Arrowroot cookies.

- **Stop driving at the first sign of hypoglycemia.** Pull to the side of the road, and remove the keys from the ignition.  
Test your blood sugar and treat your low blood sugar.  
Do not drive again until you have treated the low blood sugar and are feeling better; usually 45-60 minutes later.  
**Re-check your blood sugar before you start driving again.**
- You should limit driving to a maximum of 12 hours during the day. You should not have more than 6 hours between your meals.

## **For the Commercial Driver:**

- If on insulin, blood sugar must be tested before driving and every 4 hours while driving. The safe blood glucose level for long distance or commercial driving should be greater than 6 mmol/L.

**Driving is a privilege.**

**Everyone who applies for a driver's licence must prove they are going to be responsible behind the wheel.**