Driving with Diabetes





**Before Driving:**

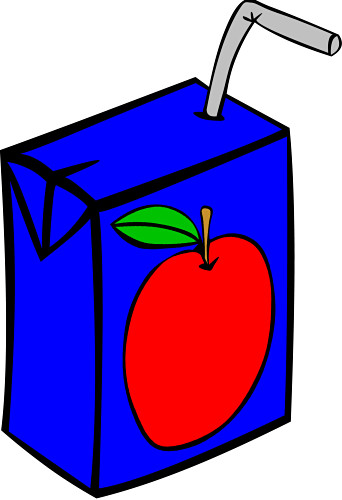




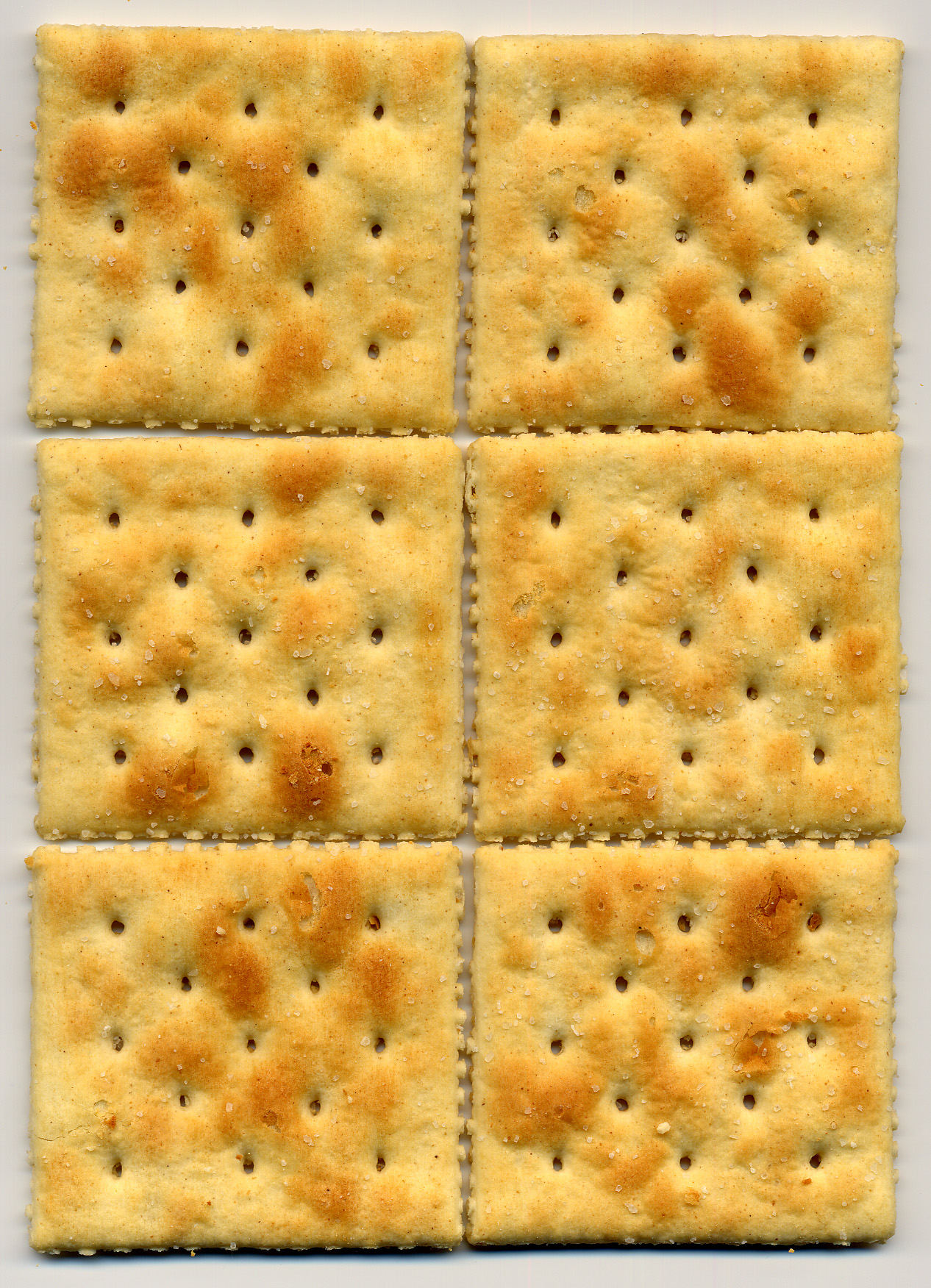
1. Prepare your car:
   1. Quick sugar (lifesavers, jelly beans)
   2. Non-perishable snacks (arrowroots, crackers)
   3. Carry your glucometer with you



1. If you have not tested or eaten in 4 hours then,
   1. Test your blood sugar before driving
   2. Test your blood sugar every 4 hours if driving long distances
2. Your blood sugar must be “over 5.0 to drive”
   1. This is directed by the Ministry of Transportation
3. If your blood sugar is between 4.0 and 5.0, have something to eat
   1. A piece of fruit OR a glass of milk



1. If you have a low blood sugar (<4.0),
   1. Treat the low blood sugar first:
      1. Drink a small glass of juice or regular pop (3/4 cup)



OR

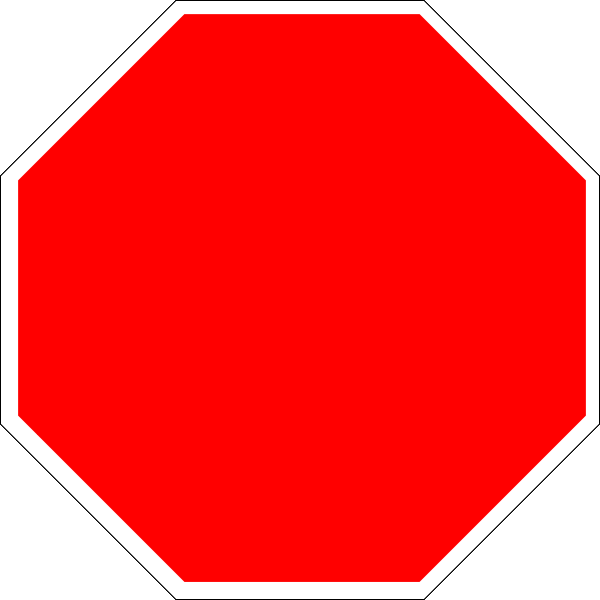
* + 1. Eat 6 lifesavers or 6 jelly beans

* 1. After that, eat your next meal or snack
     1. 6 crackers with peanut butter

OR

* + 1. A piece of fruit

**If you have a low blood sugar, wait 1 hour before driving!**



**While driving:**

FIVE

to DRIVE

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

1. **Immediately** pull off the road
2. Remove your keys from the ignition
3. Test your blood sugar
4. Treat the low blood sugar

Adapted from St. Joseph’s Health Care London

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