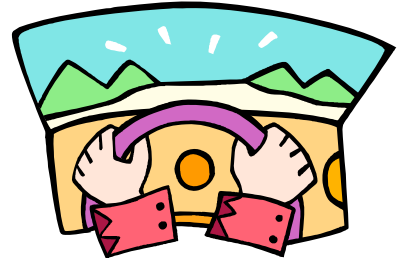


Driving

What do I need to know about driving?

When you have diabetes, you need to try to keep your blood sugar levels in your target range. This is to avoid having high or low blood sugars. High or low blood sugars cause symptoms that make it unsafe to drive.



Your blood sugar must be over 5.0 mmol/L to drive.

Remember “**Over 5 to Drive**”.

Before driving:

- Test your blood sugar just before driving
- Test your blood sugar after every 4 hours of driving
- Blood sugar must be over 5.0 mmol/L to drive

If your blood sugar is less than 5.0 mmol/L:

You need to raise your blood sugar quickly by:

- Chewing 3 glucose tablets
- Drinking 175 ml or $\frac{3}{4}$ cup of juice or regular pop **or**
- Eating 3 teaspoons of sugar or honey

Wait 15 minutes. Do not drive. Check your blood sugar again:

- If your blood sugar is still below 5.0 mmol/L, treat again with 1 of the examples listed above.
- If your blood sugar is over 5.0 mmol/L, have a snack such as a granola bar, cheese and crackers or $\frac{1}{2}$ sandwich to keep your blood sugar above 5.0 mmol/L.

Always wait 45 to 60 minutes before driving since the effects of a low blood sugar affect your reflexes and ability to drive safely.

While driving:

If you feel that your blood sugar is low:

- Pull to the side of the road and stop driving
- Remove your keys from the ignition
- Test your blood sugar
- Treat a low blood sugar
- Wait 45 to 60 minutes before driving

Emergency Driving Kit

It is a good idea to keep an “emergency kit” in your vehicle to prevent or treat low blood sugars. This kit should contain:

- Glucose tablets
- Drinks with sugar such as orange juice or regular pop
- Granola bars
- Packaged cheese and crackers