LMC

LMC Guide to Driving and Diabetes

LMC Driving Guide

Does diabetes affect my ability to drive safely?
It may. If you are taking insulin or certain medications for diabetes, you will need to take special precautions to make sure you and others are safe on the road.

Be Prepared:
Always keep the following things in your car:

- your blood sugar meter
- a source of sugar ex. juice box
- a carbohydrate snack ex. granola bar



Before you drive:

- **Measure your blood sugar right before driving**
- If your blood sugar is between 4 and 5, have a snack before driving
- If your blood sugar is below 4, **do not drive** and treat the low blood sugar.

While Driving:

- Check your blood sugar every 4 hours
- Check your blood sugar more often (every 2 hours):
  - ✓ If you have recently exercised
  - ✓ If you have skipped your usual meal or snack
  - ✓ If you have hypoglycemia unawareness (do not feel the signs/symptoms of low blood sugar),
- If you start to feel symptoms of a low blood sugar, pull over right away.

What does a low blood sugar feel like?

- Shaky
- Dizzy
- Sweaty
- Irritable
- Confused
- Hungry
- Weak or tired

How to treat a low blood sugar:



Step 1: After pulling over, check your blood sugar right away.
*If you feel unable to test or treat, **do not drive** and call 911 immediately.

Step 2: If your blood sugar is less than 4, eat or drink 15g of sugar.

- 4 glucose tablets (Dex4 tabs)
- ¾ cup of juice or regular pop (not diet)
- 6 Lifesavers™ or other hard candies *chew them up

Step 3: Wait 15 minutes, and check your blood sugar again. **Your blood sugar must be at least 5 to drive**. You may repeat step 2 if needed.

Step 4: Once your blood sugar is at 5 or above, eat a carbohydrate + protein snack to keep your blood sugars steady, and **wait 40 minutes before starting to drive**.
Why? Even if you feel better, it takes at least 40 minutes for your brain function to return to normal after a low blood sugar.

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