

Diabetes and driving

All drivers with diabetes on insulin or medication increasing insulin levels (e.g. Glyburide, Diamicron, etc.) should follow these recommendations.

Know how to treat low blood sugar properly.

Discuss with your healthcare team how to properly treat low blood sugar.

Always carry a well-calibrated glucometer and keep it within reach.

Keep healthy, non-perishable food in your vehicle as a snack:

- Cereal bars
- Fast-acting sugars (Dex4)
- Canned juice

Pass the test. Check your blood sugars before getting into the car, every time, without exception. During long drives, check at least every four hours.

Do not drive if your blood sugar is less than 4 mmol/L. Treat the low blood sugar. Do not start driving until you have treated your low blood sugar, you have retested and your blood sugar is at least 5 mmol/L.

If you are feeling sick or having symptoms of low blood sugar while driving,

- stop the vehicle in a safe location.
- Check your blood sugar. If your blood sugar is less than 4 mmol/l, treat the low blood sugar.
- Re-check your blood sugar 15 minutes later.
- **Do not resume driving until your blood sugar is greater than 5 mmol/L.**

Notify your doctor if you had any episode of severe low blood sugar while driving or you experienced more than one episode of severe low blood sugar while awake but not driving in the past six months.

If you are a commercial driver, speak with your healthcare team regarding guidelines for commercial driving and diabetes.



Your healthcare team is available to answer your questions. Do not hesitate to discuss details about your health, or your return home.

713 Montreal Road, Ottawa, Ontario
T 613.746.4621 hospitalmontfort.com