

Driving and Diabetes Guidelines



** To keep you and others on the road safe, it is important that you adhere to these driving guidelines **

Before Driving:

1. Prepare your car, and make sure you have with you:
 - A **quick sugar** source (jelly beans, glucose tablets)
 - Nonperishable snacks (arrowroot biscuits, crackers, granola bars)
 - Your blood glucose meter

2. If you have not tested or eaten in 4 hours:
 - Test your blood sugar **before** driving
 - Test your blood sugar at least every 4 hours if you are driving long distances

3. Your blood sugar must be "**over 5.0 to drive**"; however, blood sugar for commercial drivers must be 6mmol/L
4. If your blood sugar is between 4.0 and 5.0, have something to eat with CHO
 - A piece of fruit **or** a glass of milk
5. If you have low blood sugar (less than 4.0)
 - Treat the low blood sugar first
 - ○ Drink a small glass of juice or regular pop **or**
 - ○ Eat 6 jelly beans or 4 glucose tablets containing 4 grams of carbohydrate each
 - After that eat your next meal or snack
 - ○ 6 crackers with peanut butter **or** cheese
 - ○ A piece of fruit

**** If you have had a low blood sugar level, do not drive until 1 hour after effective treatment of hypoglycemia ****

While driving: If you think that your blood sugar is **low** (you're shaky, sweaty, confused):

- 1 **Immediately** pull off the road
- 2 Remove your keys from the ignition and throw them in the backseat to demonstrate that you don't have intention to drive
- 3 Test your blood sugar
- 4 Treat the low blood sugar

The Ministry of Transportation of Ontario requires that commercial drivers must maintain a blood glucose logbook and have a memoryequipped meter. More information is available at your Service Ontario location.

(Source: Begg, Iain. Canadian Diabetes Association's Guidelines for Diabetes and Driving: Highlights. Canadian Diabetes. Volume 16 No. 3, Autumn 2003)

