

Preventing low blood sugars while driving

Information for patients and families

When you take insulin and some diabetes pills Diamicon®(gliclazide), Diabeta®(glyburide), Amaryl®(glimepiride), or GlucoNorm®repaglinide), you are at risk of having a low blood sugar. Having a low blood sugar while driving is dangerous because it increases your risk of getting in an accident.

Always check your sugar level before driving!

Be above 5 to drive!

If your sugar level is 4.0 to 5.0 mmol/L before driving:

- ✓ Consider having a snack with carbohydrate to help prevent a low sugar.

If your sugar level is less than 4.0 mmol/L before driving:

- ✓ Do not drive.
- ✓ Treat your low sugar by having 15 grams of fast-acting carbohydrate (for example: 4 glucose tablets, $\frac{3}{4}$ cup juice, or $\frac{3}{4}$ cup regular pop).
- ✓ Check your sugar level after 15 minutes.
- ✓ After successfully treating the low sugar, wait 40 minutes. Make sure your sugar level is above 5 mmol/L before driving.

“Insulin on board”

If you take rapid-acting insulin (mealtime insulin) and it has been less than 4 hours since your last dose, you may still have active insulin in your body. This is also called “insulin on board”. If you still have active insulin or “insulin on board” you will need to eat extra carbohydrate to prevent having another low sugar.

Safe driving tips

- ✓ Always have a source of sugar within easy reach when you are driving.
- ✓ Always have your glucose meter with you or wear a continuous glucose monitor (sensor).
- ✓ Check your sugar level every 2 to 4 hours on long drives.
- ✓ If you feel like your sugar is low while you are driving, start treating and pull over when it is safe to do so. Wait 40 minutes before resuming driving or ask someone else to drive.

Severe hypoglycemia

- ✓ If you have even one event of severe hypoglycemia (where you need help treating your low sugar), avoid driving until you have talked to your doctor or diabetes team.
- ✓ If you often have hypoglycemia or you do not get symptoms when your blood sugar is low, talk to your doctor or diabetes team.
- ✓ Immediately self-report to the Ministry of Transportation if you have:
 - An episode of severe hypoglycemia while driving
 - More than 1 episode of severe hypoglycemia while awake, but not driving