

Drive Safe with Diabetes



If you take insulin or pills that can drop your blood sugar below 4 mmol/L:

Prepare: Keep fast-acting sugar where you can reach it while driving. Keep other snacks nearby.



Be Aware of your blood sugar level before driving. Do not start driving if below 4 and treat*. For long drives, check your blood sugar every 4 hours.



Stop driving and treat* if you don't feel well.



After treating* a low, **Wait** until your blood sugar is above 5 to start driving. Your brain might need up to 40 minutes to recover after you have treated a low before you can safely drive again.



Tell your health-care provider if someone else had to help you with a low blood sugar.



Fast-acting sugar that I will keep in my car close to the driver's seat:

Snacks that I will keep nearby when I am driving:

*See the back for how to treat a low blood sugar.

How to treat a low blood sugar

EAT fast-acting sugar



15 g of glucose
in the form of
glucose tablets



1 tablespoon
(15 mL)
of honey



1 tablespoon
(15 mL)
sugar in water



2/3 cup (150 mL)
of juice or
regular soft drink



15 g fast-acting sugar
(e.g. 6 Life Savers® or
2 rolls Rocket Candy)



WAIT 15 minutes and **CHECK**



If blood sugar
is **ABOVE**
4.0mmol/L
AND
next meal is
in the hour



If blood sugar
is **ABOVE**
4.0mmol/L
AND
next meal is
LONGER than
1 hour away

If blood sugar
is **BELOW**
4.0mmol/L
REPEAT
steps
above

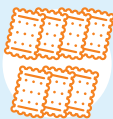


Eat **ONE** of:

Starch: ex. 7 crackers
OR 1 slice of bread

AND

Protein: ex. 1 piece
of cheese OR
2 tablespoons of
peanut butter



+



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