

Hypoglycemia and Driving

Information for patients and families

Always check your blood sugar before driving!



Your blood sugar should be **“Five to Drive”**

If your blood sugar is less than 4.0 mmol/L

- treat your low blood sugar by having 15 grams of carbohydrate
- retest your blood sugar after 15 minutes
- after successfully treating the low blood sugar, wait 45 to 60 minutes and recheck that your blood sugar is above 5.0 mmol/L before driving

If your blood sugar is between 4 to 5 mmol/L

- have a snack containing carbohydrate before driving

“Insulin on board”

- You need to consider the amount of active insulin you have in your body if you have a low and it has been less than 4 hours since your last dose of rapid insulin (mealtime insulin).
- If you still have active insulin or “insulin on board” you will need to eat extra carbohydrates to prevent having another low blood sugar.

Safe driving tips

- Always have a source of sugar within easy reach when you are driving
- Always have your glucose meter and supplies in the car with you
- Test your blood sugar every 2 to 4 hours on long drives
- If you feel like your blood sugar is low while you are driving, safely pull over and test your blood sugar. If you are low, wait 45 to 60 minutes and recheck your blood sugar. Make sure it is above 5.0 mmol/L before driving.

Severe hypoglycemia

- If you have even one event of severe hypoglycemia (where you need help treating your low blood sugar):
 - you must tell your doctor right away (within 3 days)
 - do not drive until your doctor tells you that you can
- If you often have hypoglycemia or you do not get symptoms when you have low blood sugar, 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

Other

Take an active role in assessing your ability to drive. Keep a log of your blood sugar readings or use a meter with a memory. The record of your blood sugar readings may be important to produce if requested.

St. Michael's cares about your health. For reliable health information, visit our Patient and Family Learning Centre, Room 6-004, 6th floor, Cardinal Carter Wing, or find us online at www.stmichaelshospital.com/learn

This information is not intended as a substitute for professional medical care. Ask your healthcare provider about this information if you have questions.

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