Driving with Diabetes

Low blood sugars can affect one’s judgment and level of consciousness while driving. **Recommendations from the Canadian Diabetes Association (2015)**

All drivers with diabetes should:

- **measure** their **blood sugar** level immediately **before** and at least **every 4 hours** during long drives, and more often if they have hypoglycemia (low blood sugar) unawareness.

- **carry a meter** and **supplies** of fast acting carbohydrate within **easy reach** in the car.

  - **stop** and **treat blood sugar** as soon as they sense **low blood sugar**.
  - **not drive** until at least **45 minutes after taking fast acting carbohydrates** and **blood sugar is at least 5**.

**Blood sugar level before driving:**

If blood sugar <4 treat **with 15 grams of fast acting carbohydrates.**

**Recheck blood sugar after 15 minutes**

If blood sugar 4-5: treat **with 15 grams of fast acting carbohydrates again.**

Blood sugar should be >5 (“5 before you drive”). When blood sugar is >5 **for at least 45 minutes → safe to drive.**

Following these recommendations and taking steps to **avoid severe hypoglycemia during the day** are necessary in order to **maintain your driver’s license.** Please **speak with your diabetes team** about any questions and about ways to minimize risks while driving.