

If during the past year you have had a history of severe hypoglycemia (been unconscious or needed help to treat the hypoglycemia) you must discuss this with your doctor to obtain appropriate advice.



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IMPORTANT: PLEASE READ

Information provided by this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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Driving With Diabetes



Diabetes may affect your ability to drive.

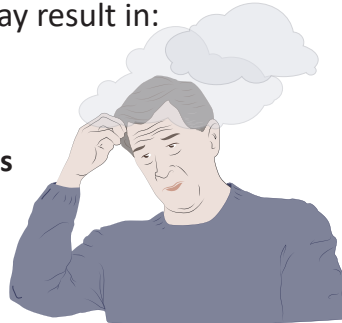
Take an **active role** to be sure that your glucose control does not cause problems when driving.

The **SAAQ** may ask your doctor to see how fit you are to drive.

How can diabetes affect your driving?

Hypoglycemia, or low blood glucose (sugar), occurs when your blood glucose level drops below 4 mmol/L. This may result in:

- Confusion
- Delayed responses
- Loss of consciousness



All of these can be dangerous to you and other people on the road if it happens while you drive.

The following advice applies to you **if** you take any of the diabetes medications that can cause hypoglycemia:



- Any type of insulin
- Glyburide (Diabeta)
- Gliclazide (Diamicon)
- Glimepiride (Amaryl)
- Chlorpropamide (Diabinese)
- Tolbutamide (Orinase)
- Repaglinide (Gluconorm)

What should you do to drive safely?

Measure your **glucose level**

- 30 minutes **before** driving
- At least **every 4 hours** during long drives



Watch out: 4-5 mmol/L

If your blood glucose level is between 4 and 5 mmol/L **eat a carbohydrate snack** (fruit, milk or starch & protein) before beginning to drive.

Below 4 mmol/L

If your blood glucose level is below 4 mmol/L you must treat the hypoglycemia. **Do not drive** until the treatment has brought your blood glucose above 6 mmol/L for at least 45 minutes.

- Always carry your **blood glucose meter** when driving.
- Always carry **fast-acting glucose** such as glucose tablets, sugar cubes, Life Savers®, orange juice and a snack including carbohydrate and protein with you when driving.



• **Keep a copy** of this pamphlet as an information guide in your car.

• **Ask your family and friends** who normally accompany you in the car to also read this “**Driving With Diabetes**” pamphlet.

What should you do if you suspect **low blood sugar** while driving?

- 1) **Stop immediately** and take 15 g of fast acting glucose!

For example, one of these choices:

- 3 BD® tablets (5 g each),
- 4 DEX4® tablets (4g each)
- 5 Dextrosol® tablets (3g each)
- 5 sugar cubes (3.5g each)
- 3 - 5 hard candies, ½ roll Life Savers®
- ¾ cup of juice or regular pop/soda

- 2) Check your blood glucose in 15 minutes.
- 3) If it is less than 6, take 15 g of fast acting glucose again.
- 4) Repeat this every 15 minutes until your blood glucose is above 6.
- 5) Once your glucose is above 6, you may need a snack which contains a **slower acting glucose** and **protein source** (e.g. 4 to 6 crackers and cheese).

