

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.

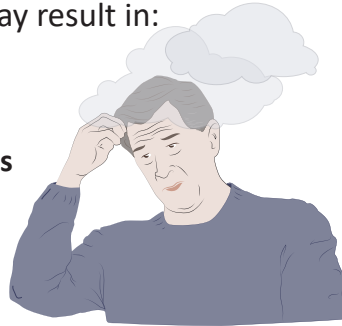
Take an **active role** to be sure that your glucose control does not cause problems when driving.

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).

