

Diabetes and Driving

Having diabetes does not mean that you need to give up driving. But it does mean that you need to plan in advance before you get behind the wheel. If your diabetes is treated with insulin or other medications that can cause hypoglycemia, you should take all the recommended precautions when you drive to ensure that you are safe.

There is a risk of hypoglycemia (hypo) if your diabetes is treated with :

- Any type of insulin
- Gliclazide (Diamicon/
Diamicon MR),
- Glyburide (Diabeta),
- Glimepiride (Amaryl),
- Repaglinide (GlucoNorm)



All Drivers with Diabetes Agree to:

- Test your blood glucose and ensure it is above 5 mmol/L before driving
- Make sure your blood glucose is above 5 every 4 hours during driving
- At all times, keep fast-acting carbohydrates (i.e. glucose tablets or fruit juice) with you as well as in the vehicle
- Keep testing equipment and snacks nearby while driving
- Be alert for signs of hypoglycemia, which may include:
 - Feeling hungry
 - Sweating
 - Shakiness
 - Palpitations
 - Feeling Faint
 - Dizziness
 - Nausea
 - Headache
- If you feel like you are experiencing a low blood sugar while driving, immediately pull off the road and stop driving. Treat with fast-acting glucose followed by a snack. Only resume driving if your blood sugar is above 5 mmol/L after 45-60minutes
- Carry an ID that says you have diabetes
- See your doctor and other health care team members on a regular basis to ensure the following complications are not affecting your driving performance
 - Impaired sensory or motor function
 - Nerve damage (neuropathy)
 - Cardiovascular disease (CVD)
 - Diabetic eye disease (retinopathy)
 - Kidney disease (nephropathy)
 - Peripheral vascular disease and stroke

Patient Signature: _____

Be a safe driver. Consider the safety of your passengers, other road users and yourself!