

American Diabetes Association Website

(<http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html>)

Driving Safely with Diabetes (<http://www.diabetes.org/living-with-diabetes/parents-and-kids/everyday-life/driving.html>)

Here are some rules of the road:

- **Pass the test.** Check your blood glucose (blood sugar) level before getting into the car. Every time. No exceptions.
- **Stop for a diabetes red light.** Treat low blood glucose and then recheck in 15 minutes. Do not get behind the wheel until blood glucose is in the target range.
- **Slow down.** Treat your blood glucose even if it means being late. It's never okay to drive with a low blood glucose level. Call whoever is waiting for you and explain why you'll be a little late. They'll understand.
- **Always have enough fuel.** Stock the car with healthy, non-perishable snacks and fast-acting sugars. And keep your diabetes supplies within easy reach.
- **Pull over.** Pull over immediately if you are feeling sick or low while driving. Check your blood glucose, treat yourself, wait 15 minutes and then recheck.
- **ID, please.** Don't leave home without a driver's license and medical ID bracelet or necklace. Always wear a medical ID.

Check Before You GO

Get into the routine to check your blood glucose level **before** going places.

Riding in a car with a low blood glucose level is dangerous – and driving is even worse, it's similar to driving drunk. So be sure your teen always checks his blood glucose level before getting in the car.

There are precautions that people with diabetes should take to ensure they are safe behind the wheel.

- Always check your blood glucose before you get behind the wheel and at regular intervals during long drives.
- Always carry your blood glucose meter and plenty of snacks — including a quick-acting source of sugar — with you when you drive.
- Pull over as soon as you feel any of the signs of low blood glucose (hypoglycemia), and check your blood glucose level.
- If your blood glucose is low, eat a snack that contains a fast-acting sugar source such as juice, non-diet soda, hard candy, or glucose tablets. Wait 15 minutes and check your blood glucose again to make sure it's at your target range before you resume driving.
- Examples of Snacks with 15 grams of glucose: glucose tablets, gel tube, 2 tablespoons of raisins, 4 ounces (1/2 cup) of juice or regular soda (not diet), 1 tablespoon sugar, honey, or corn syrup, 8 ounces of nonfat or 1% milk, hard candies, jellybeans, or gumdrops (see package to determine how many to consume)
- If you experience hypoglycemic unawareness, stop driving and consult your health care provider. Do not resume driving until awareness has been reestablished.
- Get regular eye exams for early detection of diabetes-related vision problems that can affect your driving ability