

*Please talk with your physician about the blood glucose range that is best for you.*

## Diabetes: Driving Safety

If you drive, it is important to know how to manage your diabetes so that you, your passengers and others around you stay safe. Diabetes can make your blood sugar (blood glucose) levels too high or too low. This can affect your ability to focus, control the car and make good choices while driving. Driving with low blood glucose levels can be as dangerous as driving while drunk.

### Hypoglycemia

Know the signs of low blood glucose when driving:

- Nervousness and shakiness
- Dizziness, lightheadedness or fainting
- Sleepiness or weakness
- Confusion
- Irritability
- Hunger

### Hyperglycemia

Know the signs of high blood glucose when driving:

- Fatigue
- Blurred vision
- Thirst

## Driving safely with diabetes

### ***Be prepared***

**Always check your blood glucose before you begin to drive.** Do not drive if your blood glucose is not in your safe range. Make sure you always have your diabetic supplies (such as your blood glucose meter) with you. Have snacks and fast-acting sugars, such as glucose tablets, in the car within easy reach.

Do not leave home without these items:

- Your driver's license
- Medical ID bracelet or necklace that says you have diabetes
- ICE (In Case of Emergency) contact—keep the name and phone number of an emergency contact in your cell phone and type “ICE” in the last name
- Your list of current medications

You should plan to stop at regular times to test your blood glucose. This is very important if you are driving a long distance or over a long period of time.

### ***What to do if you feel symptoms***

- If you feel symptoms, safely pull over and check your blood glucose right away.
- If your blood sugar is too low, follow the “Rule of 15.”
  1. Take 15 grams of carbohydrates.
  2. Wait 15 minutes.
  3. Recheck your blood glucose.
  4. Repeat steps 1 through 3 until your blood sugar is above 100 mg/dL.

Do not start driving again until your blood sugar is above 100 mg/dL and your symptoms are gone.

- If your blood glucose is too high, make sure that you take your medicine as prescribed by your healthcare provider.
- If your blood glucose does not return to normal or you do not feel well, call 911.

### **For more information**

American Diabetes Association

1.800.342.2383

[diabetes.org](http://diabetes.org)

National Diabetes Information Clearinghouse

1.800.860.8747

National Institute of Diabetes and Digestive and Kidney Diseases

[diabetes.niddk.nih.gov](http://diabetes.niddk.nih.gov)