

GUIDELINES FOR DRIVING WHEN TAKING INSULIN

- Always test your blood sugar before driving.
- Keep a log book in your car to record the date, time and blood sugar prior to driving.
- DO NOT drive with a blood sugar below 4 mmol/l.
- Check your blood sugar at least every 4 hours when on a long trip.
- If you feel that your blood sugar may be low, pull over to the side of the road and treat it before continuing on. Check your blood sugar and DO NOT start driving until your blood sugar is above 4 mmol/l.
- Know the symptoms of low blood sugar and how to treat.
- Carry your glucometer with you.
- Have a fast acting sugar source with you in the car- juice box, lifesavers, glucose tablets or glucose gel.

