



DIABETES AND DRIVING

If you are treated with insulin, a low blood sugar while driving can affect your judgement and level of consciousness and thus your ability to drive safely.

Diabetes Canada therefore recommends that all drivers with diabetes:

- Measure their blood sugar before driving, at least every 4 hours during long road trips, and more often if they can't recognize their lows.
- Carry a blood glucose meter and low blood sugar treatments within easy reach in the car.
- Pull over if they feel low or have difficulty driving.
- Treat a low with 15 grams of rapid-acting carbohydrate and **wait 45 minutes** before resuming driving.
- **Only drive if the blood sugar is above 5.**



If you wish to get your learner's or driver's license your endocrinologist will have to complete a driver's license medical form (can be obtained at a motor vehicle branch or at clinic). Your endocrinologist will complete and sign the form if you:

- Have not had a severe low blood sugar (loss of consciousness or a seizure) in the past month.
- Have an A1c less than 9.0%.
- Check your blood sugar a minimum of 4 times a day (including at lunch) and record or download on a regular basis.
- Regularly review your blood sugar log and adjust your insulin dose.

You will also be required to sign a **diabetes and driving safety contract**, a copy of which will go onto your health record.

A driver's license medical needs to be done every 5 years or whenever you obtain a different class of license. **Note:** As this is a non-insurable medical service you will be charged a \$50 fee payable to Alberta Health Services.