

# “5 to Drive”

## Diabetes and Driving Guidelines

To keep you and others on the road safe, it is important that you follow these driving guidelines.

- Always check your blood sugar before driving and every 4 hours if you are driving long distances. If you are a commercial driver, you must check your blood sugar at least every 2 hours while driving.

**Your blood sugar must be above 5.0mmol/L to drive.**

If you are a commercial driver, your blood sugar must be above 6.0mmol/L.

- Before driving: if your blood sugar is between 4.0-5.0mmol/L, have a carbohydrate containing meal or snack.
- If you have experienced a low blood sugar, you must wait at least 40 minutes after treating your low before driving.
- If you think that your blood sugar is low while driving:
  1. Immediately pull off the road
  2. Turn off your vehicle and remove your keys from the ignition
  3. Check your blood sugar
  4. Treat your low blood sugar
  5. Wait at least 40 minutes before driving (judgments may be impaired for up to 40 minutes after hypoglycemia so you need to give your body time to recover)
- Remember to carry your glucometer, quick sugar and a carbohydrate containing snack.

For more information, please see:

- <http://www.diabetes.ca/getmedia/b960981b-a494-497e-ae5a-37c73d3261ab/2015-cda-recommendations-for-private-and-commercial-drivers.pdf.aspx>
- <http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/general-tips/guidelines-for-diabetes-and-private-and-commercial>
- <http://www.mto.gov.on.ca/english/dandv/driver/medical-review/process.shtml>

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