

DRIVING WITH DIABETES

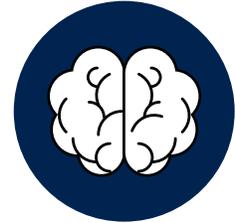
HYPOGLYCEMIA WHILE DRIVING CAN LEAD TO...



slow reaction time



blurry vision



difficulty concentrating

BEFORE DRIVING...



1

CHECK YOUR BLOOD SUGAR

less than 80 mg/dL

2

PREPARE YOUR CAR

driver's license
medical ID
charged cell phone
snacks - juice, crackers

3

GET DIABETES SUPPLIES

insulin
meter & test strips
Glucose tablets
Glucagon (if there is a passenger present)

WHAT TO DO ABOUT LOW BLOOD SUGAR WHILE DRIVING



Pay attention to physical signs and pull over immediately if you feel low



Pull over & check blood sugar. If blood sugar is low, treat it and check again in 15 minutes



Do not start driving again until blood sugar is in the target range