

# Let's Talk About...

## Diabetes and Driving: Staying Safe Behind the Wheel

A big moment for anyone is getting that ticket to freedom — a license to drive. But if you have diabetes, you have to show that you know more than just the rules of the road to get a driver's license. You will also need to show your healthcare provider that you can **check** and **follow** these things:



### Check before you drive



Keep your A1c below 9%.



**Check your blood glucose at least 4 times a day, and always check it before you drive.** Keep a blood glucose meter with you so you can check quickly and easily. Test your blood glucose regularly if you're driving long distances. **If your glucose is less than 90 mg/dL**, treat with 15 grams of carbs and retest before driving.



**Calibrate your CGM at least 2 times a day.** You must know and understand your glucose trends and be prepared to test low blood sugars with your meter.



**Always keep fast-acting carbs in the car.** Some examples include glucose tablets, soda (not diet), fruit juice, sports drinks, and fruit chews. If you start to feel funny while behind the wheel, pull over right away and treat if needed.



**Know the signs of hypoglycemia.** Common signs are:



- Weakness or exhaustion
- Shakiness or trembling
- Feeling nervous or sick to your stomach
- Feeling sweaty, dizzy, or confused
- Headaches or hunger
- Problems seeing well

### Follow these rules to stay safe



**DON'T DRIVE if you are having symptoms.** Even mild hypoglycemia can make it hard to react quickly in a dangerous situation. Severe hypoglycemia can make you pass out. If this happens when you are driving, you, your passengers, or anyone else on the road could be injured or killed.



20 min  
WAIT

**Wait at least 20 minutes to drive after treating for hypoglycemia.** Test your glucose before you start driving again. Don't drive until it's above 90 mg/dL.



**Wear a medical ID that is easily seen.** The information in your pump and smartphone is not enough. If you are in a crash, they might get tossed or lost.



**Always wear a seat belt,** and make sure that your passengers are also wearing one.

