

# LMC Driving Guide

## Before you drive:

- Always measure your blood glucose level immediately before driving
- If your blood glucose is between 4.0-5.0mmol/L have a carbohydrate snack before driving
- If your blood glucose is <4.0mmol/L, treat according to hypoglycemia guidelines below and **wait 45-60 minutes** before driving
- Do not drive until your blood glucose level is >5.0mmol/L

## Be Prepared:

- Make sure you have a source of sugar in the car, within easy reach, to treat hypoglycemia if necessary
- Carry carbohydrate snacks in the car such as granola bars or fruit
- Always carry your blood glucose meter with you for monitoring

## While Driving:

- Check your blood glucose every 4 hours
- If you have hypoglycemia unawareness (do not have signs/symptoms of low blood glucose), check blood glucose every 2 hours while driving
- If you start to experience signs/symptoms of a low, pull over right away, check blood glucose and treat using guidelines below.

## Make sure your meter is accurate:

- At least once a year, take your meter with you to the lab when you are having fasting blood work done
- Within 5 minutes of having the blood work done, do a finger prick and use your meter to test your fasting blood glucose level
- Write the value in your logbook or mark it in your meter
- At your next doctor's appointment, bring this value with you and compare it to the lab result
- If the reading from the meter is not within 20% of the reading from the lab result, you must change your meter
- Repeat these steps with a new meter



## Hypoglycemia = low blood glucose (<4.0mmol/L)

You *may* experience any of the following symptoms:

- Shaky
- Lightheaded
- Nervous
- Irritable
- Confused
- Hungry
- Sweaty
- Headache
- Weak
- Faster heart rate
- Numbness or tingling in your tongue or lips

If you are experiencing the signs of a low blood sugar, check your blood sugar immediately.

If you don't have your meter with you, treat the symptoms anyways. It's better to be safe!

## Treatment of Hypoglycemia:

You must treat a low blood sugar with 15-20 grams of fast acting carbohydrate (sugar). Examples include:

- glucose tablets (3-4 tabs)
- 3 packets of sugar dissolved in water
- ¾ cup of juice
- 6 Lifesavers™ \*chew them up

**Wait 15 minutes**, then check your blood sugar again.

If your blood sugar is still < 4mmol/L:

- treat again with another 15g of fast acting carbohydrate
- check your blood sugar again after 15 minutes

If your blood sugar is > 4mmol/L:

- have something to eat. If your next meal is more than one hour away eat a snack (15g of carbohydrates and a protein source)
- Examples:
  - ✓ 1 oz of cheese + 7 soda crackers
  - ✓ 1/2 turkey sandwich

If you pulled over to treat a low blood sugar, **wait 45-60 mins** before driving again!

