
Low Blood Glucose and Driving - Important Information for Patients

- Always carry a blood glucose meter and snacks that contain carbohydrates.
- Always check blood sugar before driving your car and never begin an extended drive if it is below normal (70-90 mg/dL) without eating some food containing carbohydrates.
- Recheck blood sugar at regular times if driving more than 1 hour.
- Stop driving immediately if any symptoms of low blood sugar occur such as being lightheaded, dizzy, sweaty or shaky. Check and treat low levels correctly.
- Do not resume driving until blood sugar and your awareness has returned, usually after 60-90 minutes.
- Even moderate alcohol intake may cause delayed low blood sugar.

How to Treat a Low Blood Glucose (values below 70mg/dL):

- Keep a quickly absorbed source of carbohydrate **on your person or in your car** at all times.
- If your blood sugar is below 70 mg/dL, consume **15 grams of quickly absorbed carbohydrate.**
- If your blood sugar is below 50 mg/dL, consume **30 grams of quickly absorbed carbohydrate.**
- Wait 15 minutes and then recheck your blood sugar. If it is still below 70 mg/dL, take another 15 grams of quickly absorbed carbohydrate.
- Wait another 15 minutes, then recheck your blood sugar.
- **Sources of 15 grams of quickly absorbed carbohydrate:**
 - 4 glucose tablets
 - 6 pieces of hard candy (chewable)
 - 4 ounces (1/2 cup) fruit juice
 - 1 tube of glucose gel
 - 8 ounces (1 cup) skim milk
 - 1/2 of 12 ounce can of regular soda
- Once your blood sugar is above 70 mg/dL, be sure to eat a meal or snack within an hour to keep from dropping again.

