
Low Blood Glucose and Driving

Safety Tips:

- Always carry a blood glucose meter and snacks that contain carbohydrates.
- Always check blood sugar before driving your car and never begin a long 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 2 hours.
- Stop driving immediately if any symptoms of low blood sugar occur such as being lightheaded, dizzy, sweaty or shaky. Check and treat low levels. Once your blood sugar is above 70 mg/dL, be sure to eat a meal or snack within an hour to keep your blood sugar from dropping again.
- Do not resume driving until blood sugar and your awareness has returned, usually after 60-90 minutes. When blood sugar is above 70 mg/dL, be sure to eat a meal or snack within an hour to keep your blood sugar from dropping again.
- Be aware that moderate alcohol intake may cause delayed low blood sugar.
- Take Novolog, 70/30, Regular insulin or glipizide with carb containing meals **only**. Take Lantus or Levemir insulin at the same time each day.

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

- Always keep a quickly absorbed source of carbohydrate on your person and in your car.
- 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 or 1 tube of glucose gel
 - 6 pieces of hard candy (chewable)
 - 4 ounces (1/2 cup) fruit juice
 - 1/2 of 12 ounce can of regular soda