

Precautions for driving with T1D

Check that you have the following supplies on hand:

- a capillary blood sugar meter;
- Enough quick-acting sugar to treat two hypoglycemic episodes (e.g., glucose tablets, sweet drink).

In addition to having your emergency kit with you at all times, you could make a habit of leaving quick-acting sugar in your car for emergencies.



CHECK YOUR BLOOD SUGAR and follow it's trend before driving, every four hours while driving and more often if:

- you feel symptoms of hypoglycemia while driving;
- you have hypoglycemia unawareness;
- you have suffered from severe hypoglycemia before.

Steps to follow based on your blood sugar

Less than 4 mmol/L	NO DRIVING! <ul style="list-style-type: none"> • Treat your hypoglycemia • Wait 15 minutes, then measure your blood sugar again • Once your blood sugar is back to normal levels, eat a snack and wait 40 minutes before driving again. Waiting this long is essential to restore your full alertness.
4 to 5 mmol/L	Eat a snack containing around 15 g of carb(without insulin)
4 to 20 mmol/L	OK TO DRIVE
Above 20 mmol/L	AVOID DRIVING If you experience: <ul style="list-style-type: none"> • Discomfort • Sleepiness • Blurry vision

STOP DO NOT DRIVE IF: STOP

- your blood sugar is below 4 mmol/L;
- after a hypoglycemic episode, your blood sugar is below 5 mmol/L;
- you took rapid-acting insulin without eating within four hours before driving.

If an accident occurs, authorities may request proof that you measured your blood sugar