



Barbara Davis Center for Diabetes

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

Diabetes and Driving


People with diabetes need to be extra responsible when driving. Extreme low blood sugar can result in unconsciousness. You can hurt yourself and you can hurt someone else if you're not prepared to drive safely.

Before You Go:

- Carry your meter.
- Check blood sugar before driving.



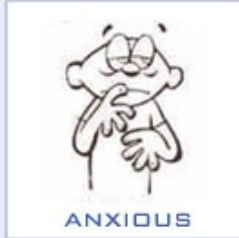





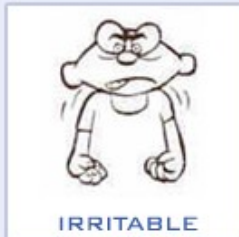


**Do NOT drive if
your blood
sugar is low**

- Keep the car stocked with fast acting carbs to treat low blood sugars (4-5 glucose tabs, 6-8oz juice or regular soda, 5-7 LifeSavers).
- Wear medical ID. 
- Place copy of diabetes ID card with insurance/registration papers.
- Carry snacks to prevent low blood sugars (granola bars, fruit, etc.).
- If you are low, pull over as soon as safely possible.

- Passengers need to know the symptoms of low blood sugar and how to help you if needed. Review it with them so they understand:

SYMPTOMS OF HYPOGLYCEMIA

| | | |
|---|---|--|
|  <p style="text-align: center;">SHAKY</p> |  <p style="text-align: center;">SWEATY</p> |  <p style="text-align: center;">ANXIOUS</p> |
|  <p style="text-align: center;">FAST HEART BEAT</p> |  <p style="text-align: center;">IMPAIRED VISION</p> |  <p style="text-align: center;">FATIGUE</p> |
|  <p style="text-align: center;">HUNGER</p> |  <p style="text-align: center;">HEADACHE</p> |  <p style="text-align: center;">IRRITABLE</p> |

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If you think you are having a low blood sugar, pull over as soon as you safely can.

