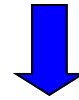


Diabetes & Commercial Drivers



My checklist before and while driving:

- ☒ Carry a blood glucose meter that is downloadable.
- ☒ Test my blood sugar immediately before driving and every 4 hours while on the road.
- ☒ Keep a log of my blood sugars.
- ☒ Have a fast acting carbohydrate like glucose tablets, lifesavers or juice within easy reach when I am behind the wheel.
- ☒ Keep snacks with me while driving.

If I have a history of recurrent low blood sugars, I need to:

- ☒ Test immediately before driving and every 2 hours while on the road

The Guidelines say:

If you have any symptoms of a low blood sugar:

- ☒ Pull over. Take the keys out of the ignition or move out of the driver's seat.
- ☒ **TEST** your blood sugar

If your blood sugar level is less than 4.0 mmol/L

- ☒ Take 15 grams of fast acting sugar: juice, glucose tablets, Lifesavers™
- ☒ Have a snack with 15 grams of carbohydrate
- ☒ Wait 45 minutes
- ☒ Retest blood sugar. Your blood sugar must be above 5 mmol/L to drive

Ongoing Reminders:

Keep records of your health just like you keep records for your truck.

Download and save your meter readings regularly.

See your physician at least twice per year.

Have an A1C test done every 3-4 months.

Have your eyes checked yearly.

If using insulin, you are prohibited from driving a commercial vehicle in the United States.