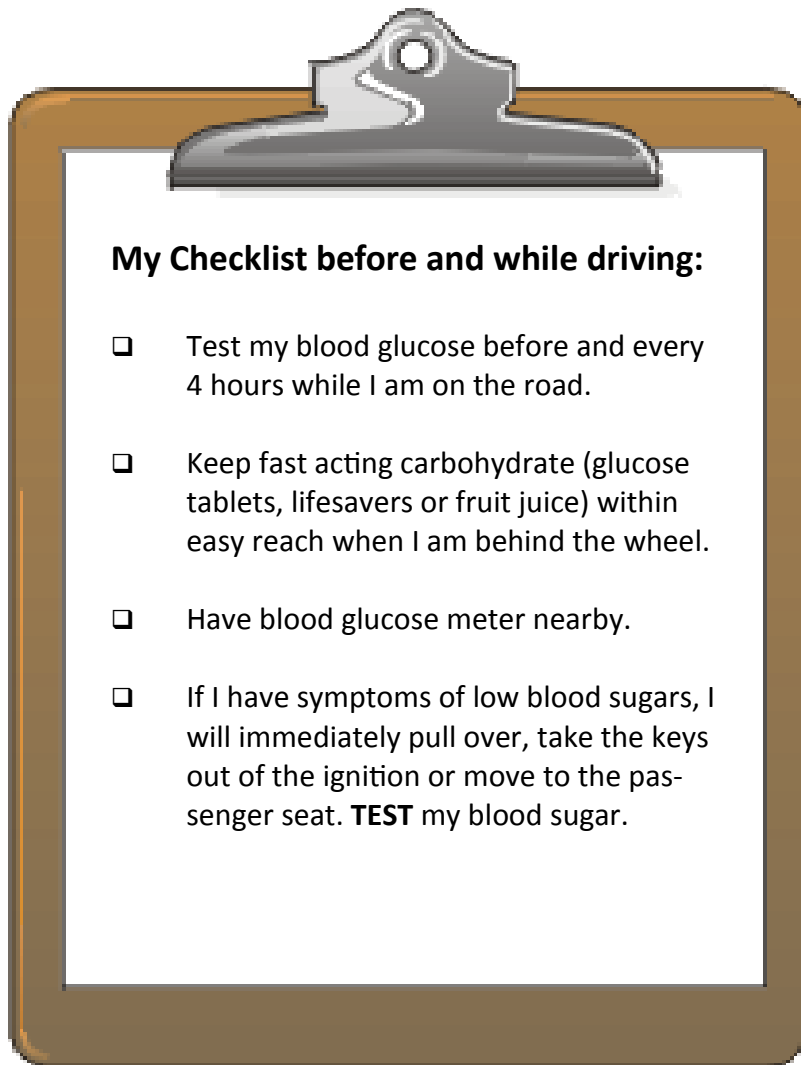


Diabetes and Driving

Having diabetes does not mean that you need to give up driving. But it does mean that you need to plan in advance before you get behind the wheel. If your diabetes is treated with insulin or other medications that can cause hypoglycemia, you should take all the recommended precautions when you drive to ensure that you are safe.

There is a risk of hypoglycemia (hypo) if your diabetes is treated with :

- Any type of insulin
- Gliclazide (Diamicon/Diamicon MR),
- Glyburide (Diabeta),
- Glimepiride (Amaryl),
- Repaglinide (GlucoNorm)



If your blood sugar level is less than 5.0 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

Be a safe driver, consider the safety of your passengers, other road users and yourself!