If you take insulin or pills that can drop your blood sugar below 4 mmol/L:

**Prepare:** Keep fast-acting sugar where you can reach it while driving. Keep other snacks nearby.

**Be Aware** of your blood sugar level before driving. Do not start driving if below 4 and treat*. For long drives, check your blood sugar every 4 hours.

**Stop** driving and treat* if you don’t feel well.

**After** treating* a low, **Wait** until your blood sugar is above 5 to start driving. Your brain might need up to 40 minutes to recover after you have treated a low before you can safely drive again.

**Tell** your health-care provider if someone else had to help you with a low blood sugar.

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**Fast-acting sugar that I will keep in my car close to the driver’s seat:**

________________________

________________________

**Snacks that I will keep nearby when I am driving:**

________________________

________________________

*See the back for how to treat a low blood sugar.
How to treat a low blood sugar

**EAT** fast-acting sugar

- 15 g of glucose in the form of glucose tablets
- 1 tablespoon (15 mL) of honey
- 1 tablespoon (15 mL) sugar in water
- 2/3 cup (150 mL) of juice or regular soft drink
- 15 g fast-acting sugar (e.g. 6 Life Savers® or 2 rolls Rocket Candy)

**WAIT** 15 minutes and **CHECK**

- If blood sugar is **ABOVE** 4.0 mmol/L AND next meal is in the hour ✔
- If blood sugar is **ABOVE** 4.0 mmol/L AND next meal is LONGER than 1 hour away + +
- If blood sugar is **BELOW** 4.0 mmol/L **REPEAT** steps above ✖

Eat **ONE** of:
- **Starch:** ex. 7 crackers OR 1 slice of bread AND
- **Protein:** ex. 1 piece of cheese OR 2 tablespoons of peanut butter

**WAIT** 15 minutes and **CHECK**

- If blood sugar is **ABOVE** 4.0 mmol/L AND next meal is in the hour ✔
- If blood sugar is **ABOVE** 4.0 mmol/L AND next meal is LONGER than 1 hour away + +
- If blood sugar is **BELOW** 4.0 mmol/L **REPEAT** steps above ✖

Eat **ONE** of:
- **Starch:** ex. 7 crackers OR 1 slice of bread AND
- **Protein:** ex. 1 piece of cheese OR 2 tablespoons of peanut butter

**WAIT** 15 minutes and **CHECK**

- If blood sugar is **ABOVE** 4.0 mmol/L AND next meal is in the hour ✔
- If blood sugar is **ABOVE** 4.0 mmol/L AND next meal is LONGER than 1 hour away + +
- If blood sugar is **BELOW** 4.0 mmol/L **REPEAT** steps above ✖

Eat **ONE** of:
- **Starch:** ex. 7 crackers OR 1 slice of bread AND
- **Protein:** ex. 1 piece of cheese OR 2 tablespoons of peanut butter