

# HYPOGLYCEMIA AND DRIVING

Hypoglycemia (low blood glucose levels) can happen at **any** time, and is extremely dangerous if it happens when in a car—as a driver or passenger. These are some basic rules to follow:

1. Be aware of the symptoms of hypoglycemia (low blood sugar). You or your child may feel: **dizzy, hungry, irritable, shaky, anxious, nervous, tired, weak, sweaty, or confused.** You or your child may have: **blurred vision, headache, difficulty concentrating, numbness or tingling of mouth or lips, or a rapid heart beat.**

2. If you notice any of these symptoms for you **or** your child, pull your car over and:

**DO NOT DRIVE !!!**

3. Use **ONE** of the following to raise your blood sugar level:
  - **EAT ¼ TUBE OF CAKE FROSTING**
  - **EAT 1 TUBE OF INSTANT GLUCOSE**
  - **CHEW 3-4 FAST ACTING GLUCOSE TABLETS**

**KEEP ONE OF THESE IN ANY CAR YOU MAY BE DRIVING IN AT ALL TIMES**

4. Wait until you or your child feels better (about 10 minutes) before driving.

5. GO GET A SNACK: crackers and peanut butter or cheese for example.  
A SNACK WILL HELP MAINTAIN GLUCOSE LEVELS IN THE SAFE RANGE UNTIL YOU GET A REGULAR MEAL

6. THINK ABOUT **WHAT** CAUSED THE LOW BLOOD SUGAR.  
Did you: Skip a meal? Eat less than normal? Exercise more than usual? Forget to check your glucose level?

7. If you can identify a behavior which caused your hypoglycemia, try to prevent it from happening again by following your treatment plan.

8. If you are having frequent hypoglycemia, fax in a week of glucose readings (901-763-3694), or call the office ( 901- 763-3636 ) for possible medication adjustments.

9. **ALWAYS** wear a medic-alert bracelet or necklace **and** carry a card in your wallet or purse that identifies that you have diabetes and lists all of your medications.

10. Finally- **persons with hypoglycemia unawareness should consider checking their blood glucose level before operating an automobile or other machinery. If the blood glucose is less than 80 mg/dl, a snack before driving is advised.**