Driving
Information for teens with diabetes

Being ready to drive is more likely when:

✓ You can manage your diabetes well. It is helpful to keep a detailed logbook and review it with your doctor at regular visits every 3 to 4 months.

✓ You can recognize and treat the early signs of low blood glucose (hypoglycemia).

✓ You don’t have any complications of diabetes that could interfere with your ability to drive.

Driving is a privilege not a right.

Applying for a driver’s license

Driver’s licenses are issued by the Ministry of Transportation for Ontario (MTO). You apply for a license at a Driver Examination Centre. For details about fees and forms go to: www.drivetest.ca/en/license/HowToApply.aspx

To apply for G1 or “beginner’s” driver’s license:

- You must be at least 16 years old and have proof of your legal name and birthdate.
- You must provide a Declaration from a Guarantor.
- You must pass a vision test and a knowledge test.
- You must report that you have diabetes, as this is a medical condition that could affect your ability to drive safely.
Driving safely

Always wear your medical alert identification.

Keep a supply of fast-acting carbohydrates in your car, where you can reach it (on your visor or beside you).
- Pack things that will not be spoiled by hot or cold temperatures. For example: glucose tablets and a snack such as a granola bar or cookies.

Always travel with your blood glucose monitor and testing supplies.
- Do not keep your monitor and supplies in your car as they can be affected by hot or cold temperatures.

**Check and record your blood glucose within 1 hour before driving and at least every 4 hours while driving.**
- If your blood glucose is less than 5 mmol/L, have a snack before driving.
- If your blood glucose is less than 4 mmol/L, do not drive. Treat your low blood glucose.

**If you feel low while driving, stop and check your blood glucose.**
- Treat low blood glucose with fast-acting carbohydrates.
- Wait 10 to 15 minutes and then recheck your blood glucose.
- Do not drive for 45 to 60 minutes after treating a low blood glucose. Then resume driving if your blood glucose is over 6 mmol/L.

When is it unsafe to drive?

A person who is likely to have hypoglycemia may not be fit to drive. It is not safe to drive if you:
- were recently diagnosed with diabetes and are learning how to use insulin
- are unable to recognize early signs of hypoglycemia
- are not testing your blood glucose regularly or keeping your blood glucose well controlled
- have moderate hypoglycemia (needing others’ help) or severe hypoglycemia (needing emergency medical care)

By law, doctors must report anyone they consider to be unfit to drive.

**If you have questions, speak with a member of your Diabetes Care Team.**