

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 birth date.
- 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.