



Diabetes and driving:

a quick guide

**DON'T
DRIVE
UNDER
FIVE**

Hypoglycaemia and driving

It isn't safe to drive when you have a hypo (low blood glucose level). A hypo can occur when your blood glucose level is below 5mmol/L. This can happen if you take insulin or glucose lowering medicines.

A hypo can develop quickly, with early warning symptoms such as:

Trembling

Lightheadedness

Hunger

Headache

Some people have difficulty feeling the early symptoms ('hypo unawareness') so it's important to check your blood glucose level before driving.

Find this resource at ndss.com.au

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Check your blood glucose level before driving



TIP: Carry your meter, strips and hypo treatment with you. They should not be left in the car. The heat and light will damage them.

Hyperglycaemia and driving

Hyperglycaemia, (high blood glucose level) can result in tiredness, blurred vision and altered decision-making, which impact on driving.

If you feel unwell and your blood glucose level is high, it's important not to drive.

Other factors that can affect driving

Diabetes-related complications may affect your ability to drive safely. Some examples are **trouble feeling the pedals** due to nerve damage in your feet, or **changes to your vision**. Talk with your doctor about the possible effects on your ability to drive safely.

Your diabetes and driving safety checklist

✓	Have your HbA1c checked by your doctor
✓	Have your feet checked at least every 12 months
✓	Have your eyes checked at least every 2 years
✓	Talk to your doctor about sleep apnoea if you notice excessive drowsiness while driving
✓	Ensure you check the accuracy of your blood glucose meter regularly. Your credentialed diabetes educator or pharmacist can help

What to do if you have a hypo while driving



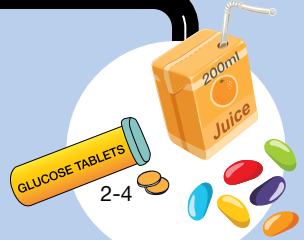
1

Safely pull over and turn off the engine. Remove keys from ignition.



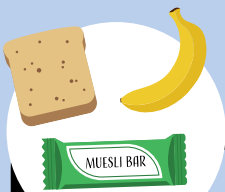
2

Check your blood glucose level.



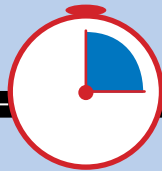
3

If below 5mmol/L, drink or eat 15 grams of one of the above fast acting carbohydrates.



5

Once above 5mmol/L, eat one of the above long acting carbohydrates.



4

Wait 15 minutes and check again. If still below 5mmol/L, repeat steps 3 and 4.



6

Wait 30 minutes and check your blood glucose level again.



7

You can drive if above 5mmol/L and you feel well.



Take breaks and remember to check your blood glucose level every two hours on long trips.

Diabetes and car insurance

If you have any problems with your car insurance, contact the Australian Financial Complaints Authority on **1800 931 678**.

Diabetes and your driver's licence

Conditions may be placed on your driver's licence. It's your legal responsibility to tell the Driver Licensing Authority in your state or territory if you take insulin or glucose lowering medicines.

State	Contact	Website	Phone
ACT	Access Canberra	accesscanberra.act.gov.au/	13 22 81
NSW	Roads and Maritime Services	rms.nsw.gov.au	13 22 13
NT	Driving and Transport	nt.gov.au/transport	08 8999 1800
QLD	Department of Transport and Main Roads	tmr.qld.gov.au	13 23 80
SA	Service SA	servicesa@sa.gov.au	13 10 84
TAS	Department of State Growth	transport.tas.gov.au	1300 135 513
VIC	Vic Roads	vicroads.vic.gov.au	13 11 71
WA	Department of Transport	transport.wa.gov.au	13 11 56
National	Austrroads Assessing Fitness to Drive guidelines	austrroads.com.au/drivers-vehicles/assessing-fitness-to-drive	13 11 56
NDSS Helpline	Ask for a Credentialed Diabetes Educator	ndss.com.au	1800 637 700