

Driving and recent severe hypoglycaemia

This sheet has been given to you by your health care professional because you have had a recent episode of severe hypoglycaemia (severe hypo). This can be life threatening for you, your passengers and other road users. The information is important to you because you drive a motor vehicle.

What is a severe hypo?

A severe hypo is a hypo that someone else has to help you to treat – either because you don't recognise the hypo or by the time you do, you aren't able to treat yourself. A severe hypo happens when low blood glucose affects brain function, your concentration, co-ordination or level of consciousness.

Having a recent severe hypo means you are at risk of further episodes, especially in the next few weeks. Severe hypoglycaemia is serious, especially when it occurs during driving. If it happens while you are driving, you could cause a motor vehicle crash.

What do you need to do?

1. Stop driving

Wait until you have clearance to drive from your doctor (as per Assessing Fitness To Drive - www.austroads.com.au/aftd).

2. Thoroughly review your blood glucose testing and / or your diabetes treatment

Your doctor, dietitian and diabetes educator will help you with this. With them, you need to consider factors that may have contributed to the severe hypo, such as not enough carbohydrate or missing a meal, physical activity, alcohol intake, inadequate blood glucose testing and your diabetes treatment.

3. Determine with your doctor whether you have "reduced hypoglycaemia awareness"

This means you do not always get enough early warning of hypos to treat them before they become severe hypos. Your doctor will advise you on how "reduced hypoglycaemia awareness" is managed. Importantly, you will need to do regular blood glucose checks and treat any low blood glucose levels, even if you feel fine.



To stay safe on the road – remember to ALWAYS

Check your blood glucose level before driving and every 2 hours during driving to ensure it is 5 mmol/L or more – 'Above 5 to drive'.

Carry fast acting carbohydrates eg. jelly beans on you and in your vehicle to treat any blood glucose levels below 5.

Take your blood glucose meter with you in your vehicle when you drive.

Treat mild hypoglycaemia urgently:

- > Steer safely to side of the road
- > Turn off the engine
- > Remove the keys from the ignition
- > Test your blood glucose
- > Treat the hypo with appropriate glucose and food
- > Recheck blood glucose after 15 minutes
- > Wait at least another 30 minutes before driving
- > Only drive if you feel well and your blood glucose is above 5

If you experience a further severe hypo - whether or not it is associated with driving - notify your doctor as soon as possible so that you can receive further specialist care.

Patient Name _____ Signature _____ and date _____

This material is provided by your health care professional (_____) on date _____

(it is suggested that a copy of this document be kept in the patient's medical file)

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