Driving is an even bigger responsibility when you have diabetes. When you drive without taking proper care of your diabetes, you are not only risking your life, but also the lives of your passengers and other drivers on the road. Here are some tips to help you take care of your diabetes on the road.

- Always keep plenty of snacks, including some with quick-acting sugar, in your car. Items such as juice, regular soda (not diet), hard candy, jelly beans, and glucose tablets are appropriate.
- Do not delay meal times because you are driving. If you are on a schedule, be sure to incorporate time for a meal.
- Always keep your meter with you when driving. Temperature change can damage testing supplies, so do not keep these items in your car when you are not driving.
- Keep your testing supplies, insulin, and snacks in an easily accessible place in the car – do not keep them in the trunk.
- Whenever you feel as though your blood sugar is low, pull over as soon as it is safe to do so and check your blood sugar. If you are low, eat something with quick-acting sugar, and once your glucose is back in the appropriate range, find something more substantial to eat.
- It is important that you know the signs of low blood sugar before you drive. If you are unsure, see if you can talk to a diabetes educator about the symptoms of hypoglycemia and how to recognize them. Always check your blood sugar before you drive.
- In some situations, high blood glucose (hyperglycemia) can also be a problem. If you have a history of hyperglycemia, talk to your doctor to determine at what point high levels may affect your driving ability.
- Make sure you always wear some form of medical ID (a necklace or bracelet) to alert other to your diabetes. This is especially important if you are in an accident and knocked unconscious.
- Remember that some driving activities, like changing a tire or pushing a car, can lower your blood sugar. If you have to do something like this, be sure to check your blood sugar before you resume driving.
- If you are driving long distances, be sure to check your blood sugar every four hours. Additionally, try to limit your driving time to 12 hours per day.