

Risk of Hypoglycaemia

1 When you are on **insulin injections** or on **oral glucose-lowering tablets like Sulphonylureas**, it **INCREASES** your risk of hypoglycaemia.

This is in particular if you have:

- Performed physical activities, such as exercising
- Had alcohol
- Other conditions like kidney disease
- Missed a meal

2 **Other medications that can cause drowsiness** may also **DECREASE** your alertness on the road and your ability to detect low blood glucose signs and symptoms.



Blood Glucose Levels

1 Before you start driving, check your blood glucose level and aim for a blood glucose level **above 5.0 mmol/L**.



2 If you are on a long car journey, **check your blood glucose (BG) level every 2 hours** and consider taking a break.



3 **Test your blood glucose level if you experience symptoms of hypoglycaemia**, such as:

- Shakiness
- Headaches
- Inability to concentrate
- Sweating
- Dizziness
- Tingling sensation in fingers, lips or tongue
- Fast heartbeat
- Feeling irritable

If not treated, your symptoms and signs can become more severe, and can include:

- Weakness and difficulty walking
- Unclear speech
- Seizures
- Confusion and abnormal behavior
- Loss of consciousness
- Feeling hungry
- Unclear speech

! If you have these symptoms or signs, you or the people around you should **call for an ambulance (995)** immediately.

Lots more tips on diabetes care on:

HealthXchange.sg

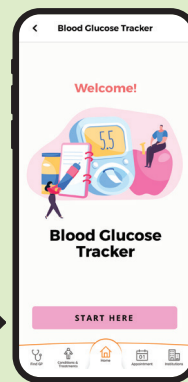


Track your **Blood Glucose** levels and know how you are doing.

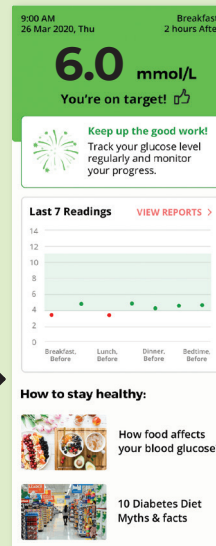
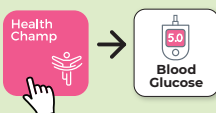


HealthBuddy

Try it now!



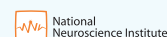
Or tap from Health Buddy:



Driving Safely with Diabetes



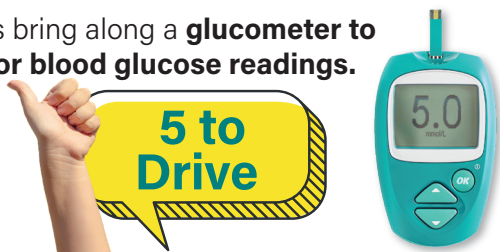
PATIENTS. AT THE HEART OF ALL WE DO.®



Diabetes Centre

10 Tips for Driving Safely

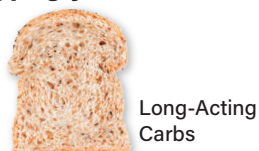
1 Always bring along a **glucometer to monitor blood glucose readings.**



6 Protect your glucose strips from extreme temperature and direct sunlight to ensure accurate readings.



2 Bring along **quick and long-acting carbohydrates to treat hypoglycaemia.**

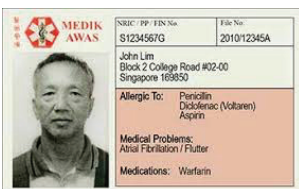


7-8 Gummy Bears & 1 Slice of Bread

7 If you have a **hypoglycaemia episode, stop by the roadside** where possible and **treat this immediately.**



3 Have a **Medik Awas* card to identify you as a person with diabetes** in the event of an emergency.



* Speak to your doctor to enrol you in the **Medik Awas Programme** or visit www.sma.org.sg

8 After treating hypoglycaemia, **do not drive** until you have fully recovered.



4 Always **test** your blood glucose levels **before driving** and **every 2 hours** into driving.

Test Blood Glucose Before Driving

&



9 **Avoid driving when you are tired or are on medications** that may cause drowsiness.



5 If your blood glucose reading is **below 5.0 mmol/L, take 15g of long-acting carbohydrates before you start driving.**



10 **Never drink alcohol and drive.**



If Hypoglycaemia occurs...

1 Locate a safe place to stop and park your car.



2 Turn off the engine and shift to the passenger seat.

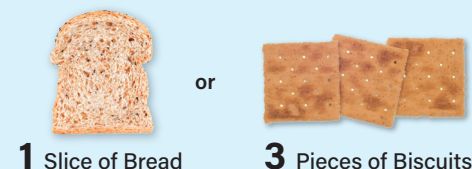


3 **Treat hypoglycaemia (< 4.0 mmol/L) with the 15/15 Rule:**

Take 15g of quick-acting carbohydrates, wait 15 minutes and re-test to ensure blood glucose level rises above 4.0 mmol/L.



4 **When your blood glucose level is above 4.0 mmol/L, take 15g of long-acting carbohydrates before you start driving.**



Start driving only when all your hypoglycaemia symptoms are gone, and you can perform tasks like mental math.

You may need to wait up to 30-45 minutes.