

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

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

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

⚠ 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.

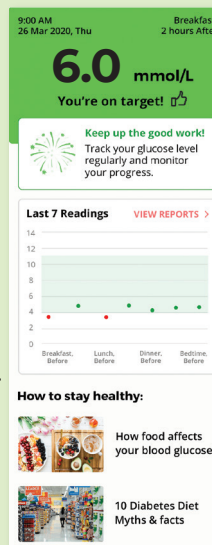
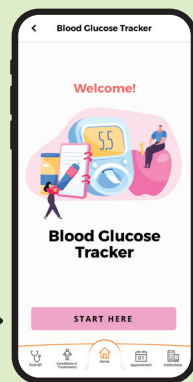
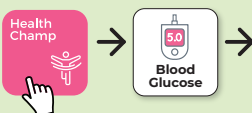


HealthBuddy

Try it now!



Or tap from Health Buddy:

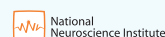


Driving Safely with Diabetes



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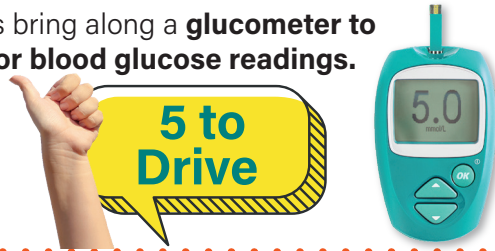


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Diabetes Centre

10 Tips for Driving Safely

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

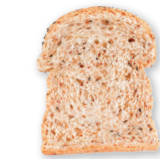


- 2** Bring along **quick** and **long-acting** carbohydrates to treat hypoglycaemia.



7-8 Gummy Bears

&

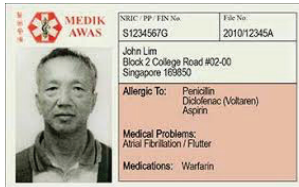


1 Slice of Bread

Long-Acting Carbs

- 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



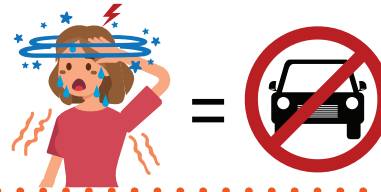
- 6** Protect your glucose strips from extreme temperature and direct sunlight to ensure accurate readings.



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



- 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**

&



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

Take
15g
Carbohydrates



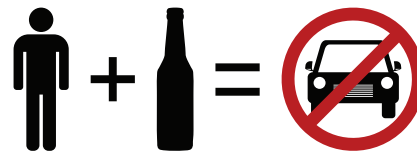
1 slice of bread

or



3 pieces of biscuits

- 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.



7-8 Gummy Bears

OR



4-5 Glucose tablets

OR



1/2 Can Soft Drink
150ml-200ml

OR



1/2 Glass Fruit Juice
150ml

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



1 Slice of Bread

or



3 Pieces of Biscuits

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.