

There are licensing rules in each state with regards to medical conditions such as diabetes. The state of Alabama requires a medical examination performed by a medical doctor. The medical examination form needs the following:

- Signature and date authorizing the doctor to release the report to the Driver License Division
- Medical examination conducted within the past 90 days
- Name and dose of medication(s) used to treat diabetes
- Last 3 morning blood sugar readings

It is your responsibility to provide the Department of Endocrinology with the medical exam forms in a timely manner.

Please note that our doctors will not complete the forms if you fail to report blood sugar readings for review regularly.

You may fax the forms to (205) 638-9821 or mail to:
Diabetes Educators
Department of Endocrinology
1600 7th Avenue South CPP M30
Birmingham, AL 35233

"No one advocates taking away the licenses of people with diabetes, but driving is a responsibility and a privilege, not a right. **Only you can prevent fatal accidents.**"
(Practical Diabetology, 2002).

Resources

Talking with your diabetes health care team is the first step. Additional resources are available.

American Diabetes Association
1-800-342-2383
www.diabetes.org

National Diabetes Information Clearinghouse
1-800-860-8747

Juvenile Diabetes Research Foundation
1-800-533-CURE (2873)
www.jdrf.org

NHTSA (2004, March) Driving when you have diabetes. *National Highway Traffic Safety Administration.*

References:

American Diabetes Association (2014). Drivers License Laws by State . Retrieved from: www.diabetes.org/living-with-diabetes/know-your-rights/discrimination/drivers-licenses/drivers-license-laws-by-state.html

American Diabetes Association (2013). Position Statement: Diabetes and Driving. *Diabetes Care*, Vol 36, Supplement 1.

American Diabetes Association (2012). Driving Safety. Retrieved from: www.diabetes.org/living-with-diabetes/know-your-rights/discrimination/drivers-licenses/driving-safety.html

Driving and type 1 diabetes (2015). Retrieved from: <http://type1diabetes.about.com/od/adultswithtype1/a/Driving-With-Type-1-Diabetes.htm>

NHTSA (2004). People saving people. Retrieved from: www.nhtsa.gov

Press Release (2011). 8 safe driving tips. Diabetes Research Institute. Retrieved from: www.diabetesresearch.org/page.aspx?pid=1662



Children's
of Alabama®

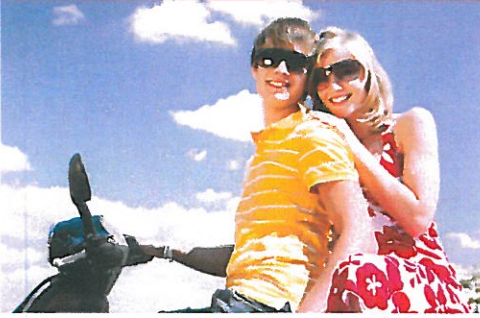
Driving and Diabetes



Department of Endocrinology
1600 7th Avenue South
CPP M30

Phone: 205-638-9107

Guidelines for Driving



Driving Safely with Diabetes

Obtaining your driving permit or license is an exciting time for teens. However, monitoring and maintaining your blood sugar within target range is important when it comes to driving.

Children's of Alabama Department of Endocrinology combined information from the American Diabetes Association (ADA), Juvenile Diabetes Research Foundation (JDRF) and National Highway Traffic Safety Administration (NHTSA) to help you through this process.

This brochure provides a set of blood sugar guidelines to follow while driving.

A member of your diabetes team (physician, practitioner, or educator) is available to assist you.

Call a Diabetes Educator at Children's of Alabama at 205-638-9107 if you have concerns or for the following:

- If you are newly diagnosed and have low blood sugar readings.
- If you have 2 or more low blood sugars in 24 hours.
- If you have low blood sugar at the same time two days in a row.

Prior to Driving

- Always check blood sugar by finger stick
- DO NOT DRIVE if the blood sugar level is less than 70mg/dl
- If the blood sugar is below 70mg/dl treat with 15 grams fast-acting carbohydrate such as 3 to 4 glucose tablets, orange juice or 4 ounces regular soft drink, follow with peanut butter crackers/cheese crackers (keep items near you)
- Wait 15 minutes and recheck the blood sugar level
- Repeat treatment until blood sugar level is above 70mg/dl



Research and map out emergency rooms, urgent care centers, and restaurants along your distant travel routes (Diabetes Research Institute).



During Driving

- If driving for more than one hour, it is advised to check blood sugar every ONE HOUR while driving
- If at any time the blood sugar level is less than 70mg/dl DO NOT DRIVE
- If you have any symptoms of hypoglycemia (low blood sugar) such as sweating, dizziness, mental confusion, weakness, nausea, sleepiness, lethargy, or racing heart, pull the vehicle over to the side of the road and check the blood sugar immediately
- If the blood sugar is less than 70 mg/dl follow the guideline for treating low (as described in the column "prior to driving").