

THE HYPO HIGHWAY CODE

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Diabetes
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If on insulin or certain tablets that
have a risk of hypos...

Check glucose within 2 hours prior
to driving, It is good practice for
glucose to be above 5 mmols before
driving. Re check glucose every 2
hours on longer trips or several
shorter trips



If hypo happens whilst driving...

- ➔ Stop the car as soon as safe
- ➔ Turn engine off and remove keys
- ➔ Move to passenger seat if safe
- ➔ Treat hypo with 15-20g fast acting carbohydrate
- ➔ Follow with starchy snack once glucose above 4 mmols
- ➔ Do not drive for 45 mins