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Dear Driver:

Manitoba's medical standards permit drivers with insulin dependent diabetes to hold Class 1-4 driver's licences provided specific medical criteria are met.

Therefore, to obtain or maintain a Class 1-4 licence, a physician who manages your diabetes must complete the enclosed diabetes report. This report is required in addition to the medical report that is filed periodically in support of a Class 1-4 licence.

The information requested in the diabetes report is related to your medical condition, which may subject you to a sudden loss of awareness if there is an imbalance between insulin, food and physical exercise. The information must indicate you meet the following criteria:

Have a good understanding of your medical condition and the relationship between insulin, diet and exercise;

Have demonstrated to your physician that you are following your physician's instructions about diet, weight control and exercise;

Are not subject to severe hypoglycemic episodes;

Never consume alcohol to the point where it interferes with your ability to maintain good control of your diabetes.

Manitoba Public Insurance, (MPI) must ensure that drivers who have diabetes treated with injectable insulin meet the same medical standards as other drivers regarding vision, neurological and cardiovascular diseases.

The Canadian Diabetes Association has recommended the following guidelines for Class 1-4 drivers with diabetes treated with injectable insulin:

The following supplies must be available while driving: self-monitoring equipment; a source of rapidly absorbable glucose; insulin; syringes, pump or injector.

Blood glucose must be tested within an hour before driving and every 4 hours while driving. Driving should be stopped if glucose values drop below 6 mmol/L, until glucose values have risen by food ingestion.

Driving should be limited to a maximum of 12 hours per day, with a maximum of 6 consecutive hours between meals. Your work schedule and insulin regime should be approved by your attending physician. The National Safety Code permits 13 hours of driving per day for all drivers.

Please discuss the aforementioned information with your physician and present the enclosed letter at the time the medical and diabetes reports are completed.

If you are applying for a Class 1 - 4 licence, your physician must complete the medical examination and diabetes reports before any licence is issued.

Please be advised holders of Class 1, 2 and 3 driver's licences who have insulin dependent diabetes are prohibited from operating commercial vehicles in the United States according to the Canada/United States Medical Reciprocity Agreement. However, your Class 1, 2, or 3 driver's licence or authorized instruction in Class 1, 2 or 3 will remain valid in Canada.

Thank you for your co-operation in this important matter.

Yours truly,

Ward A. Keith
Registrar of Motor Vehicles