



DIABETES AND DRIVING

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Reference
1. www.gov.uk/diabetes-driving

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DIABETES AND DRIVING

Having diabetes does not mean you are unable to drive but means you have to plan ahead before getting behind the wheel. If you seek advice from your healthcare professional you should be able to minimise any potential problems.

You can be fined up to £1,000 if you **DO NOT** tell the DVLA about a medical condition that can affect your driving ability. You may be prosecuted if you are in an accident as a result¹.

Should I notify the DVLA¹?

Treatment	Licence	Informing the DVLA
Diabetes controlled by diet	Car or motorcycle	You DO NOT need to inform the DVLA
	Bus, coach or lorry	You DO NOT need to inform the DVLA
Diabetes treated by tablets or non-insulin injection	Car or motorcycle	Find out from your doctor/nurse whether the treatment you are on means you have to inform the DVLA
	Bus, coach or lorry	You MUST inform the DVLA and fill out the appropriate forms
Diabetes treated by insulin injections	Car or motorcycle	You MUST inform the DVLA and fill out the appropriate forms
	Bus, coach or lorry	You MUST inform the DVLA and fill out the appropriate forms

Preventing hypoglycaemia when on the road is very important. Hypoglycaemia also known as a **hypo** is when the glucose levels in your blood drop too low (<4 mmol/L) which can lead to confusion and affect your driving ability. Severe **hypoglycaemia** is when you require assistance from another person to bring you out of your hypo.

Safe driving tips:

- Test your blood sugar levels before driving and at least every two hours
- Do not drive with blood sugar levels under 5 mmol/L
- Always keep hypo treatments to hand whilst driving
- Avoid delaying or missing meals and snacks
- Avoid driving whilst tired

If you have had a hypo, treat the hypo and do NOT drive until 45 minutes has passed and your blood sugar levels have risen above 5 mmol/L.

By law you **MUST** tell the DVLA if any of the following applies:

- You have suffered from more than one episode of severe hypoglycaemia within the last 12 months. For bus/coach/lorry drivers, suffering one episode of severe hypoglycaemia must be reported immediately
- You have problems with vision in both eyes or in the remaining eye if you have sight in one eye only
- You develop any problems with the circulation or sensation in your legs and feet which makes it necessary to drive a certain vehicle e.g. automatic vehicles
- Any existing medical condition gets worse or you develop any other condition that may affect you driving safely
- You develop impaired awareness of hypoglycaemia

For further information please visit www.gov.uk/diabetes-driving