

# Diabetes & Driving

## Regulations from the DVLA



The following regulations apply to those treated with insulin and/or tablets that may cause a low blood glucose (hypoglycaemia).

### Driving Rules

- Check your blood glucose before each journey and every 2 hrs on longer journeys. If it is 5mmol/l or less take a snack before driving.
- Never drive if your glucose is less than 4mmol/l (hypoglycaemia)
- If you think you might be hypo whilst driving:
  - Pull over safely
  - Switch off the engine
  - Remove the keys from the ignition
  - Move from the driver's seat
  - Treat your hypo, recheck BG after 15mins, do not resume driving for 45 minutes
- Always carry fast acting carbohydrate in the car e.g. glucose tabs, 150ml can of cola
- Group 1 drivers may now use the Libre sensor for the purpose of driving. However you must still carry BG testing equipment and check BG if :-
- Libre shows level of 4mmols or under
- You feel hypoglycaemic
- Libre reading doesn't fit how you are feeling (lag time between BG and libre of 10-15mins)

### Group 1 Licences

This includes **motorcars** and **motorcycles**.

If you have diabetes that is treated with insulin, by law, you must inform the DVLA as soon as possible after you have been diagnosed.

Also, inform the DVLA if:

- You have had a low blood glucose (hypo) that required the help of another person, more than once within 12 months.
- You develop impaired awareness of hypoglycaemia (difficulty recognising the warning signs)
- You experience a hypo while driving that required the help of someone else.
- You develop complications of diabetes such as retinopathy (eye problems) or neuropathy (problems with the sensation in your feet).

### Group 2 Licences

This includes **large lorries** (category C) and **buses** (category D).

If you are treated with insulin you can apply for a Group 2 licence.

The qualifying conditions are explained in more detail on the DVLA website.

As with Group 1 licence holders, the 'Driving Rules' stated previously must be adhered to.

Group 2 drivers must continue to use finger prick testing for the purpose of driving.

### Qualifying conditions:

- You have not had a hypo that required the help of another person within the last 12 months.
- You have full awareness of the symptoms of hypoglycaemia
- You must be able to show understanding of the risks of hypoglycaemia
- You must regularly check your blood glucose levels at least twice daily and at times relevant to driving. This must be done with a blood glucose meter with a memory function - date/time must be correct.
- You must keep fast acting carbohydrate in the vehicle at all times e.g. glucose tabs, lucozade etc.
- You will be required to attend an examination every 12 months and provide at least 3 months of blood glucose readings available on the meter memory for the consultant to inspect.

## Useful Contacts

### **Forth Valley Diabetes Team**

01324 566 929

### **DVLA**

0300 790 6806

[www.gov.uk/dvla](http://www.gov.uk/dvla)

### **Diabetes UK**

03451232399

[www.diabetes.org.uk/helpline](http://www.diabetes.org.uk/helpline)

### **Diabetes UK Scotland**

01412456380

[diabetes.org.uk/guidetodiabetes](http://diabetes.org.uk/guidetodiabetes)