



Driving and Diabetes

Having diabetes doesn't mean you have to give up driving but there are some things that you need to be aware of to make sure you are safe whilst driving.

Do I need to inform anyone?

You should notify your insurer as failure to do so could mean you are not covered.

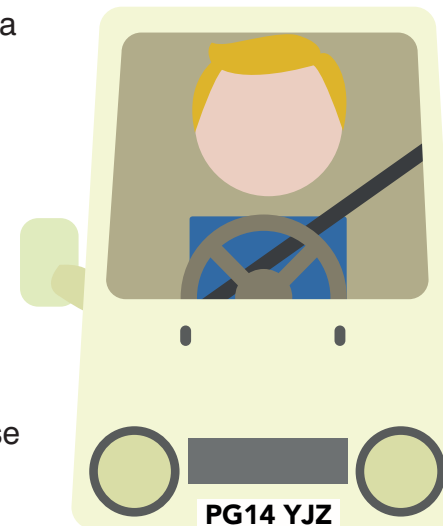
Depending on what medication you use and which type of licence you hold you may need to inform the DVLA. The advice by the DVLA may also change so it's worth checking what the latest standards require. (www.gov.uk/diabetes-driving)

See the table below for current requirements.

Your Diabetes Treatment	Requirement to notify the DVLA	
	Group 1 (car, motorcycle)	Group 2 (LGV, PCV)
Managed by diet only	No	No
Managed by tablets that are not on the list below	No	Yes
Managed by non-insulin injections and not taking any of the medications listed below	No	Yes
Tablets that carry a risk of hypos. This includes: Sulphonylureas such as gliclazide and glinides (repaglinide and nateglinide)	No	Yes
Insulin	Yes	Yes
Temporary insulin (e.g. following a heart attack or gestational diabetes)	No	Yes

Your ability to recognise a hypo and the development of diabetes complications may affect your ability to drive safely and you need to inform the DVLA if any of the below relate to you, even if how you manage your diabetes falls in to the no requirement to contact the DVLA box.

- You need laser treatment to both eyes, or in the remaining eye if you have sight in one eye only
- You are unable to read (with glasses or contact lenses if necessary) a car number plate at 20.5 metres (67 feet) or 20 metres (65 feet) where narrower characters are used
- You develop any problems with the circulation or sensation in your legs or feet that makes it necessary for you to drive certain types of vehicles only (e.g. automatic vehicles or those with a hand operated accelerator or break)
- You suffer from more than one episode of disabling hypoglycaemia (requiring help from others) within 12 months or if you or your carer feel you are at risk of developing disabling hypoglycaemia. For group 2 drivers (bus/lorry), one episode of hypoglycaemia must be reported immediately
- You develop impaired awareness of hypoglycaemia (delay or difficulty in recognising the warning symptoms of low blood glucose)
- You suffer disabling hypoglycaemia while driving
- An existing medical condition gets worse or you develop any other condition which may affect you driving safely



Checking blood glucose levels and driving

If you are on insulin you should check your blood glucose levels within 2 hours before driving and every 2 hours whilst driving.

If your blood glucose levels are less than 5mmol/l you should eat some carbohydrates. If it is less than 4mmol/l you should not drive.

Safe driving tips

- Always carry hypo treatments and your blood glucose meter in the car within easy reach
- Avoid delaying or missing meals and snacks
- Don't drink alcohol and drive
- Take breaks on long journeys

If you have a hypo whilst driving:

- Stop the car as soon as possible
- Switch off the engine, remove the keys from the ignition and move to the passenger seat if safe to do so
- Take some fast acting carbohydrate such as glucose tablets
- Eat some longer acting carbohydrate
- Wait at least 45 minutes after blood glucose levels have returned to normal before driving again



**North East Lincolnshire
Clinical Commissioning Group**