

SUMMARY OF ADDITIONAL AMENDMENTS since update of February 2011 Incorporating April 2011 amendments

Page 32 DIABINF – Leaflet has been revised to provide a clearer understanding. (Updated June 2011)

You may wish to cut and paste this information onto your original copy

Revised June 2011

DIABINF

A Guide to Insulin Treated Diabetes and Driving

Drivers who have any form of diabetes treated with any insulin preparation must inform DVLA

HYPOGLYCAEMIA (LOW BLOOD SUGAR)

The risk of hypoglycaemia (low blood sugar) is the main hazard to safe driving. This may endanger your own life as well as that of other road users. Many of the accidents caused by hypoglycaemia are because drivers continue to drive even though they are experiencing warning signs of hypoglycaemia. If you experience warning signs of hypoglycaemia whilst driving you must always stop as soon as safely possible – **do not ignore the warning signs.**

DRIVERS WITH INSULIN TREATED DIABETES ARE ADVISED TO TAKE THE FOLLOWING PRECAUTIONS:

- You must always carry your glucose meter and blood glucose strips with you and check your blood glucose before driving (even on short journeys). On long journeys you should test regularly (every 2 hours).
- In each case if your blood glucose is **5.0mmol/l or less, take a snack.** If it is less than **4.0mmol/l or you feel hypoglycaemic do not drive.**
- If hypoglycaemia develops while driving stop the vehicle as soon as possible in a safe location, switch off the engine, remove the keys from the ignition and move from the drivers seat.
- Do not resume driving until 45 minutes after blood glucose has returned to normal. It takes up to 45 minutes for the brain to fully recover.
- Always keep an emergency supply of fast-acting carbohydrate such as glucose tablets or sweets within easy reach in the vehicle.
- Carry personal identification indicating that you have diabetes in case of injury in a road traffic accident.
- Particular care should be taken during changes of insulin regimens, changes of lifestyle, exercise, travel and pregnancy.
- Take regular meals, snacks and rest periods on long journeys. Always avoid alcohol.

EYESIGHT

All drivers are required by law to read, in good daylight, a car number plate from a distance of 20 metres or 20.5 metres where the old style number plate is used.

LIMB PROBLEMS

Limb problems/amputations are unlikely to prevent driving. They may be overcome by either restricting driving to certain types of vehicles e.g. those with automatic transmission, or by adaptations such as hand operated accelerator/brake.

YOU MUST INFORM DVLA IF:

- you suffer more than one episode of disabling hypoglycaemia (requiring the assistance of another person) within the last 12 months, or if you or your carer feels you are at high risk of developing disabling hypoglycaemia.
- you develop impaired awareness of hypoglycaemia. (difficulty in recognising the warning symptoms of low blood sugar)
- you suffer disabling hypoglycaemia while driving.
- an existing medical condition gets worse or you develop any other condition that may affect you driving safely.

CONTACT US

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