

## Having a hypo while driving

If you do have a hypo while at the wheel you could be charged with driving without due care and attention, or dangerous driving.

If you have the symptoms of a hypo whilst driving:

- Pull over in a safe place and stop the car
- Park safely
- Take the keys out of the ignition and sit in the passenger seat
- Treat hypo (according to the hypo leaflet)
- Do not resume driving until 45 minutes after your blood sugar has returned to a normal range
- If you are involved in an accident, and you were driving, ensure you can **prove** what your blood sugar was at the time (own glucometer, witness or ambulance service)

## Driving at work

Contact the DVLA for current information as there are some restrictions on the type of licence a person with diabetes can hold. For example, you cannot gain an HGV licence if you start taking insulin.

## Car insurance

For your car insurance to be valid, you must let your insurance company know as soon as you are diagnosed as having diabetes, regardless of how it is treated.

# Driving and diabetes





## Will having diabetes affect my ability to drive?

As long as your diabetes is well controlled, and your doctor says you are safe to drive, you should be able to obtain or keep a driving licence.

## Do you need to inform the DVLA

The Driver and Vehicle Licensing Agency (DVLA) must, by law, be informed about your diabetes if you are treated with insulin or tablets. You do not need to tell them if you are treated by diet alone, but you must tell them if you start taking tablets and/or insulin.

## Telling the DVLA

- If you already hold a driving licence, write a letter to the DVLA telling them about your diabetes and treatment
- If you are applying for a licence, answer YES to the question asking if you have diabetes
- When asked to give details, say whether your diabetes is treated with insulin or tablets
- You may be asked to agree that the DVLA can approach your GP or consultant directly
- You must let the DVLA know if you have unawareness to hypos, neuropathy or diabetes complications which may affect your ability to drive safely.

## Driving safely

You should not drive if you:

- Have problems with your eyesight which are not corrected with glasses
- Have numbness or weakness in your limbs

If you have a diabetic foot ulcer you should check, with a podiatrist or other health care professional, whether you should drive.

### **NEVER DRINK AND DRIVE**

If you are worried about any of these points, talk to your diabetes care team, practice nurse or GP.

Having a hypo whilst driving could be fatal for you, other drivers, passengers and pedestrians.

- Keep glucose solution or tablets, plus biscuits, fruit or sandwiches in the car
- Stop for a snack every 2 hours if driving long distances
- Ensure you do not miss any meals or snacks
- Check your blood sugar before and during a journey
- Do not start to drive if your blood sugar is less than 5 mmols/l
- Ensure the date and time are working correctly on your glucometer
- Ensure you have performed a control test in the last three months.