

Paediatric Diabetes

Driving

Having diabetes does not mean that you are unable to drive, but it does mean that you have to plan it in advance before you get behind the wheel.

- It is only in exceptional circumstances that people with diabetes can be refused a driving licence. The Law states that if you have a severe hypoglycaemia whilst **awake** you must inform the DVLA. If your license has been refused for this reason you can look to renew after 3months.
- When you apply for a Driving Licence, the DVLA will check with your consultant that your diabetes is well controlled.
- Diabetes is specifically mentioned in the driving licence application form and people with diabetes **must** declare it when completing the form. You can be fined £1000 if you do not declare a medical condition to the DVLA.
- You will also need to inform your insurance company about your diabetes, failure to do so may mean you are not covered.
- Hypos when driving are dangerous. It could result in you being charged with a driving offence and you losing your driving licence.
- Useful advice on insurance and driving is available from Diabetes UK www.diabetes.org.uk

Remember:

- Plan your journey carefully
- Be prepared for traffic delays
- Always carry your blood glucose testing kit, treatment, glucose tablets and starchy snacks with you



Patient Information

- Check your blood glucose before driving (even on short journeys)
- On long journeys you should test regularly (every two hours)
- **Never** drive more than 2 hours without a meal/snack
- If blood glucose is under 4mmols do not drive. The DVLA advise that if blood glucose is 5mmol/l or less you should take carbohydrate before driving.
- Carry identification indicating that you have diabetes

If you feel 'hypo' whilst driving:

- Pull over immediately and park safely
- Remove the ignition key and move over into the passenger seat
- Take your usual hypo treatment such as glucose tablets or a sugary drink
- Once feeling better have a starchy snack such as a sandwich or biscuits
- Check your blood glucose is above 5mmol/l
- **Do not drive until 45 minutes after your blood glucose has returned to normal.** It takes up to 45 minutes for the brain to fully recover
- Always avoid alcohol

Current advice states people should continue to test with a blood glucose meter whilst driving and not flash glucose meters or continuous glucose meters (CGM).

Please contact your diabetes nurse on 024 7696 7230 if you feel that you need help.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the Department on 024 7696 7230.

The Trust operates a smoke free policy.

Patient Information

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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Document History

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