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## DIABETES & DRIVING

Whether you drive a car, a motor bike or a boat!  
Whether you drive for pleasure or convenience!  
**You MUST** be prepared and in control of your diabetes.

Failure to do so can put your life and the lives of other road users in serious danger. You are legally responsible to ensuring you are safe.

The law requires you to complete the following actions:

1. You must inform the DVLA of your diabetic status and keep them informed of any changes in your medications, if you develop any diabetic related problems or you are advised by a doctor to stop driving. Failure to do this can result in a fine of £1,000.
2. You must inform your insurance company of the details of your condition otherwise your insurance will be invalid and you will have no cover. Since the Disability Discrimination Act your premiums should not increase unless you have other associated complications.

Diabetes is a recognised condition that needs regular monitoring and possible adjust to medicines. You need to be clear about the symptoms you are experiencing when you attend for reviews to reduce the risks of long-term complications and to make you safe for other road users and pedestrians. Obviously good vision is crucial: you should report any changes you notice as soon as possible.

"Hypo's" are the commonly used term for "hypoglycaemic events" and can be a concern for diabetic drivers. Keep snacks handy in your vehicle and ensure that before starting any journey you have checked your sugar levels. This should be repeated every two hours when travelling and you should take the opportunity for regular breaks. Drinking alcohol will make you a greater danger when driving.

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Hypos can be spotted by associated symptoms:

Sweating and hunger  
Nausea  
Shaking or heart fluttering  
Fainting or light-headedness  
Headaches  
Blurred vision  
Tingling lips

**What should you do in the event of a hypo?**

- Stop driving as soon as it is safe to pull in: secure the vehicle and either; step out and take some fresh air or move in to the passenger seat.
- Do not walk far from the vehicle: ensure you are safe at all times.
- Check your blood sugar if you carry a meter device.
- Take glucose in tablet or drink form, eat some carbohydrates and give your metabolism time to re-adjust.
- Recheck your blood sugar before you restart the journey (if you carry a meter).
- DO NOT restart the vehicle until the hypo has subsided.

For further advice on driving with diabetes contact:

- Diabetes UK Careline: 0845 120 2960 or [www.diabetes.org.uk](http://www.diabetes.org.uk)
- DVL Medical Group: 0870 600 0301
- DVLA: 0870 240 0009