

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

Southport Hospital
Town Lane,
Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547 471

Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ
Telephone:
01695 577 111

Driving advice for young people with type 1 diabetes

Patient information

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Driving and diabetes

Having diabetes does not mean that you cannot learn to drive, but it does mean that you need to plan in advance before you get behind the wheel. Information can be found on both the Driver and Vehicle Licensing Agency (DVLA) website and Diabetes UK.

Diabetes UK have campaigned for years to make sure the law is fair, so that you can carry on driving – as long as you are taking the right steps to stay safe at the wheel.

When applying for your provisional licence, you have to inform the DVLA about your diabetes. You must complete a 'DIAB1' form that asks for more information about your diabetes.

You will need to renew your licence either every 1,2,3 or 5 years – this will vary from person to person and the DVLA will inform you of this. This can be done online.

- You develop impaired awareness of hypoglycaemia (where you begin to have difficulty in recognising warning symptoms of hypos).
- You develop any problems with your circulation or sensation.
- If you have a severe hypo whilst at the wheel.
- Any of the above should be reported at the time of them happening.

Driving under the influence

- It is illegal to drive under the influence of alcohol and recreational drugs.
- There are strict alcohol limits for drivers, but it is impossible to say how many drinks this equals to as this will vary from person to person.
- The safest way to be certain you are safe to drive is to not drink any alcohol.

References

Diabetes and your driving licence | DVLA laws | Diabetes UK
Diabetes and driving - GOV.UK (www.gov.uk).

A5_Hypo_TREND.pdf (trenddiabetes.online) inf294-a-guide-to-insulin-treated-diabetes-and-driving.pdf (publishing.service.gov.uk).

Using a phone, sat nav or other device when driving - GOV.UK (www.gov.uk).

Blood glucose testing

- If you use a Continuous Glucose Monitoring (CGM) device to monitor your blood glucose levels and this links to an app on your mobile phone, remember it is illegal to use your phone to check your glucose levels whilst driving.
- You must pull over safely to check your levels on your phone app.
- Remember it is illegal even to hold your phone in your hand whilst driving This includes when stopped at traffic lights and when queuing in traffic.
- You must still carry finger prick testing equipment with you. If you use this method, you must pull over safely to check.
- If you are driving and are in any doubt about how you feel, you must pull over, check your glucose level and treat appropriately.
- Always remember to check with a finger prick if your symptoms do not match your CGM reading.

When to contact the DVLA

- Any changes to your condition or treatment which occur between renewals (e.g. complications which might affect your ability to drive safely).
- If you have a severe hypo (which results in third party assistance) whilst awake in the last 12 months.

Please scan the QR code, which will take you to a video that can help you complete the 'DIAB1' form.



You must let your insurance company know about your diabetes. Failure to do this may result in your insurance becoming void.

It is important to think about wearing/carrying some form of medical ID that identifies you have diabetes.

Bus, coach, or lorry licence

There are additional forms to be completed for the above licences. Please see the DVLA website for more information.

Driving and hypoglycaemia

- Be aware of your hypo symptoms.
- Keep glucose treatments in the car within easy reach at all times.
- Check your blood glucose before driving and every two hours if it is a long journey.
- Your blood glucose level should be more than 5mmol/L to drive.
- If you have a hypo while driving, stop the car as soon as possible. Remove the keys to demonstrate you are not in charge of the car, and move into the passenger seat if safe to do so. Treat the hypo as advised.
- You should not drive for at least 45 minutes after recovery because your response rates will be slower.
- Remember to check your glucose levels more frequently if you have been exercising and are then driving, as you may be more sensitive to hypos.
- The DVLA has guidance in place for reporting episodes of hypoglycaemia. It is important you notify them in line with this guidance.



Picture taken from-Driving when you have diabetes | Diabetes UK