

# Diabetic Driving Guidance



Name:.....

DOB:.....

I understand that as a diabetic it is my responsibility to ensure I am safe to drive and will adhere to the following:-

- To check blood sugars within 2 hours prior to driving (ideally just before driving).
- To check blood sugars every 2 hours of driving and whilst not in control of the vehicle (keys out of the ignition and away from the driving seat unless unsafe to leave the vehicle).
- If my blood sugar is below 5mmol I will treat as a hypo. I will treat initially with a fast acting carb followed by a long acting carb and I will wait 45 minutes prior to testing again. I understand that I am unable to drive during this time.
- If blood glucose has risen above 5 after treatment I am able to carry on the journey, if not I will need to treat again and wait a further 45 minutes. I may need to repeat this.
- I will ensure my monitor is set to the correct date and time.
- Should I be asked, I will be able to evidence that I have checked my blood sugars.
- I will carry my blood sugar testing equipment, hypo treatment and diabetic identification.
- I will inform the DVLA and my insurance company that I am diabetic and inform them of the medication I take for this condition (I will also inform my employer if needed). I understand that this can change and will inform them as needed.
- If I am involved in an accident/incident I will check my blood sugars as soon as possible to demonstrate I am not having a hypo. If I am having a hypo I will treat accordingly and must inform the DVLA.
- I understand that driving without adhering to this guidance can result in a police matter and I can be charged with driving under the influence, without due care and attention or dangerous driving.
- I understand if I have 2 hypo's during the day that require 3<sup>rd</sup> party assistance to treat I must inform the DVLA.
- **I will only drive if I feel safe to do so.**

Signed:..... Date:.....