

# Diabetes: Safe Driving and the DVLA

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## Hypoglycaemia

WWSVMDLG6DHHGP

- Hypoglycaemia (also known as a 'hypo') is the term for a low blood sugar level
- It can be caused by insulin and other diabetes medication, e.g. Gliclazide
- In the context of driving, this means that your blood sugar level is too low (less than 5 mmol/L) to be safe and the risk of accidents is increased
- Some warning signs of a 'hypo' are shown below



## Advice for Safe Driving

1. Always measure your blood glucose before driving and additionally every 2 hours on a long drive
2. Do not ever drive if your blood sugar is less than 5 mmol/L
3. Never ignore the warning signs of a 'hypo' and if you do recognise these signs:
  - pull over to a safe place and remove the keys from the ignition
  - remove yourself from the driving seat to the front passenger seat
4. Ensure the passengers in your vehicle know how to help when you have a 'hypo'
5. Check your blood sugar and if less than 5 mmol/L, eat a quick-acting carbohydrate source, e.g. Lucozade (take 100 mls), glucose tablets (take 5) or jelly babies (take 5)
6. Repeat a blood sugar reading after 15 mins and if:
  - less than 5 mmol/L, take some further quick-acting carbohydrate and repeat point 6
  - over 5 mmol/L, take some long-acting carbohydrate source, e.g. a couple of digestive biscuits
7. If you have a 'hypo', do not drive for at least 45 mins after correcting a low blood sugar, as your brain may need as long to recover from the effects a 'hypo'
8. Always carry your diabetes identification with you

Do not forget to pick up a free information leaflet on diabetes and driving at the reception desk for further details