

I'm on insulin. I haven't got the time to test before driving. Do I really have to?

Yes you do. Testing before driving is a DVLA requirement, even for short journeys. If there is an accident your meter could be checked to see when you last tested. You could be prosecuted.

I'm not on insulin. Does any of this apply to me?

If you are taking tablets such as gliclazide you could experience a low blood glucose. If you have had symptoms of a hypo you should be testing before you drive. People taking metformin alone do not need to test. Please check with your doctor or diabetes nurse if you are unsure.

I don't have hypos, so it doesn't apply to me.

If you are on insulin, or have hypos on tablets, you **must** test. In practice everyone who is taking insulin will inevitably have a low blood glucose occasionally.

I'm lucky - I don't feel hypo until my blood sugar is well below 4

This is **NOT** lucky. If you don't have any symptoms until your blood glucose is very low you have **impaired hypoglycaemic awareness** and should not be driving! Contact your GP to discuss this.

I often get a result under 4 that I wasn't expecting when I do a routine test. Does that count?

Yes it does. Frequent unexpected results below 4 mean that your warning signs are poor and you should not be driving. Talk to your doctor.

What happens if I need help from someone else to get over a hypo?

You should always have see your diabetes team promptly if this happens. If you have more than one severe hypo (needing help from someone else) in a 12 month period you must stop driving and inform the DVLA. If you have a vocational licence you must inform them after **one** severe hypo.

I had a bad hypo in the night and needed help to get over it. Where do I stand?

Since 2011 the rules are the same for day and night time hypos needing help from someone else.

I don't have good warning signs of my hypos. Is there anything that I can do to get them back?

Talk to your diabetes team. If you have been experiencing frequent low blood glucose levels it may be possible adjust your treatment so that your warning signs are gradually restored

I can't give up my licence. I need it for work, to take the children to school, for hospital appointments, or because I can't walk far.

We understand that driving is very important for many people but this is the LAW and is there to keep you, other road users and pedestrians safe.

<p style="text-align: center;">DVLA ADVICE, IT'S THE LAW!</p>	<p style="text-align: center;"><i>CEDAR TIPS</i></p>
<p>Carry your glucose meter and blood glucose strips with you and check your blood glucose before driving (even on short journeys). On long journeys, you should test regularly (every 2 hours).</p>	<p><i>Do not leave a meter in the car all the time. It may be damaged by extremes of temperature. Do not try to test while driving!</i></p>
<p>In each case if your blood glucose is 5.0mmol/l or less, take a snack before driving. If it is less than 4.0mmol/l or you feel hypoglycaemic, do not drive.</p>	<p><i>If you are stopped by the police they may ask to see your meter. The memory will show whether you did a test before driving.</i></p>
<p>If hypoglycaemia develops while driving, stop the vehicle as soon as possible in a safe location, switch off the engine, remove the keys from the ignition and move from the driver's seat.</p>	<p><i>If you are on a motorway do not try to carry on to the next services. Stop safely on the hard shoulder. Removing the keys and moving from the drivers' seat means that, legally, you are no longer in charge of the vehicle. Do not get out of the car unless it is safe to do so.</i></p>
<p>Always keep an emergency supply of fast-acting carbohydrate such as glucose tablets or sweets within easy reach in the vehicle.</p>	<p><i>Drinks such as cartons of juice or non-diet fizzy drinks are also good. Chocolate does not work quickly enough because of its high fat content.</i></p>
<p>Carry personal identification indicating that you have diabetes in case of injury in a road traffic accident.</p>	<p><i>You should always carry id, even if you are not driving.</i></p>
<p>Particular care should be taken during changes of insulin regimens, changes of lifestyle, exercise, travel and pregnancy.</p>	<p><i>This advice might be particularly relevant if you are on holiday. Hot weather can also make hypos more likely.</i></p>
<p>Take regular meals, snacks and rest periods on long journeys. Always avoid alcohol.</p>	<p><i>A large meal is more likely to make you sleepy. Try to have regular snacks instead. Tiredness causes more accidents than hypos.</i></p>