

## INSULIN THERAPY AND DRIVING

1. The law requires you to inform the DVLA and your motor insurance company that you have diabetes that is treated with insulin. If you do not inform your insurance company, your insurance is not valid which may have serious consequences if you are involved in an accident.
2. You should check your blood sugar before driving even for short distances. The DVLA advise that you should not drive unless your blood sugar is more than 5 mmol/l. This blood test needs to be repeated after 2 hours, if still driving, or if driving again and no blood test has been done in the previous 2 hours. You should always carry your blood glucose meter in your car.
3. Please ensure you always keep a supply of carbohydrate that works quickly such as Lucozade or Dextrosol in the car and you should also carry some form of carbohydrate snack. If you have a hypo you should take two or three Dextrosol tablets or Lucozade, wait a couple of minutes, and then eat the snack. Both Lucozade and Dextrosol work very quickly but you require the snack to prevent the hypo returning.
4. If you feel your blood sugar is becoming low while driving you must immediately stop the vehicle safely, switch off the engine, take the key out of the ignition and move into the passenger seat. You should then check your blood sugar and if it is less than 4 take some form of glucose and a snack. Once you have a blood sugar above 5 you should not drive again within 45 minutes. This is because your brain does not function as well as normal for 45 minutes after even a relatively minor hypoglycaemic episode.
5. If the above steps are not taken you could be charged with dangerous driving and, if you cause an accident, could face charges by the police.
6. If you have more than one severe (requiring 3<sup>rd</sup> party assistance) hypoglycaemic episode in a year **while awake** you need to stop driving and inform the DVLA. You cannot drive again until 3 months have elapsed without severe hypoglycaemia. Please phone the Diabetes Department and request an appointment with a diabetes specialist nurse, after the first episode, so that they can try and help prevent a second episode occurring.