



**Wolverhampton
Diabetes Care**

Driving for work and Diabetes

Diet treated diabetes

People with diabetes may hold vocational driving licences allowing them to drive heavy goods vehicles (HGV) and passenger carrying vehicles (PCV) but only in certain circumstances.

Diet treated diabetes

People whose diabetes is treated by diet alone may hold these licences. Drivers do not need to notify the DVLA unless they develop any disabilities or complications such as those affecting eyes, feet, the heart or strokes or if they have certain other medical conditions that are prohibited.

Diet and tablet treated diabetes

If your diabetes is treated by a combination of diet and tablets, you must inform the DVLA. This will not prevent you from holding a HGV or PCV licence unless you develop other problems

Insulin treated diabetes

People whose diabetes is treated with insulin are barred in law from driving HGV or PCV vehicles from 01/09/1991. If your treatment changes and you require insulin to treat your diabetes a recommendation to revoke your licence will be made. Drivers with insulin treated diabetes who were licensed before 01/04/1991 are dealt with on an individual basis, and licensed subject to a satisfactory annual assessment by a diabetes specialist, usually a Consultant.

Applying for C1/C1+E entitlement

Changes to the law in April 2001 allow "exceptional case" drivers to apply for or retain their entitlement to drive class C1 vehicles (3500-7500Kgs Lorries) subject to annual medical examination.

In order to qualify for C1/C1+E entitlement you must satisfy certain conditions.

You must not have had any hypos which have required assistance while driving within the last 12 months. You must commit to monitoring your blood glucose levels at least twice a day and at those times relevant to your driving. No other medical conditions must be present which would bar you from driving these vehicles. You will need to arrange to be examined by a Diabetes Specialist Consultant every 12 months. At the time of this examination your consultant will need to review your blood glucose records for the previous 3 month period.

If your application is successful you will need to continue to monitor in this way, particularly at times relevant to driving C1/C1+E vehicles.

Seeking advice and what care to expect

You should expect to have any employment issues and driving issues considered at diagnosis, at your regular annual reviews thereafter and at any important treatment changes such as conversion to insulin treatment. The impact of your diabetes upon employment and driving should be discussed to your satisfaction and you should be made fully aware of any implications. You should be made aware of how to deal with your diabetes self care and treatment whilst driving. You will be assessed at least once a year to find out about any diabetes complications and you should expect to be advised if they affect your medical fitness to drive.

Please ensure that you report to your medical team any health problems that have occurred that may affect your driving such as hypos, vision problems, heart problems or strokes and blackouts.

If you have any concerns about employment and / or driving, your diabetes team should address these for you.