

Diabetes and Driving

Frequently asked questions (January 2018)

In short, what has changed?

From the 1st of January 2018, people who have night-time hypos - episodes of severe hypoglycaemia when they are asleep - will not lose their driving licence, as was previously the case.

Diabetes UK has been campaigning for this change since 2011 and welcomes the decision.

Why did these changes come in from January 2018?

The EU said that member states can implement the changes from 1st January 2018. The DVLA needed to change UK legislation for these changes to apply. The link to the full legal change is [here](#).

The amendment changes the wording of the Directive so that it specifies that severe hypoglycaemia in *waking hours* only is of concern for the purposes of driving licences.

It also says that a licence can be issued three months after the most recent episode of severe hypoglycaemia (rather than not before 12 months after the penultimate episode as it is currently).

It will apply across the UK as the DVLA and transport legislation covers England, Wales and Scotland. In Northern Ireland the DVA usually mirrors any changes in policy made by DVLA a few months later.

How did this change?

Diabetes UK has been working hard to make the case for this change for some time. Over the past two years the DVLA have made many representations to the EU to make changes to the Directive.

Diabetes UK believes that all people with diabetes have the right to drive if they can prove their medical fitness. Diabetes UK believes that people with diabetes pose no greater risk than people without the condition if all necessary precautions are taken and that it was not fair to remove someone's licence for a hypo while they are asleep – as they are not able to manage their diabetes at this time, and equally would not be driving while sleeping.

Where should I go for further information?

If you are affected by this issue and want help and advice:

Call: Diabetes UK Helpline on 0345 123 2399 Monday to Friday, 9am–6pm.

Email: helpline@diabetes.org.uk

Website: www.diabetes.org.uk/driving

If you want share your story you can also email Policy@diabetes.org.uk

Will I still need to finger-prick test when I am driving, if I am using a Flash monitor?

Yes – for the time being. This law change did also change the wording requiring blood to be tested, meaning it opens up the chance in future for other forms of testing when driving, like CGM or Flash GM (which measures interstitial fluid rather than the blood directly). The DVLA Guidance has not changed however, and this means that the DVLA does not recognise the Flash monitoring results. We are currently in discussions with the DVLA about changing these rules as quickly as possible.

How can I get involved?

Diabetes UK would like to thank all those who have written to their MPs, shared their stories and experiences and expressed their concerns about night time hypos. This has really helped to get the issue on the agenda of the DVLA, Transport Minister and the Dept. of Transport.

We are still interested in hearing of people's experiences of applying and reapplying for both Group 1 (car) and Group 2 (HGVs and larger vehicles) licences. We will feed these into our work with the DVLA and health professionals to improve the process and ensure that it is fair, consistent and safe.

We continuing to campaign for accessibility for flash technology and for changes to the DVLA guidance on using flash - so if you haven't already joined the campaign, sign up at:

www.diabetes.org.uk/flash