



Driver & Vehicle  
Licensing  
Agency

# Diabetes mellitus panel updates

Changes to the medical standards for driving and diabetes mellitus

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## **Changes to the standards for drivers with diabetes mellitus – latest update 28th October 2011**

Regulations that amend the medical standards for driving licence holders with diabetes treated with insulin were laid before Parliament on 24th October 2011. The Regulations will come into force on 15th November 2011.

Applications to be considered to drive large lorries and buses can only be made once the Regulations come into force. Applications will not be considered before this date.

### **Previous updates**

[Changes to the standards for drivers with diabetes mellitus - important update 20th September 2011](#)

[Changes to the standards for drivers with diabetes mellitus - 15 August 2011](#)

## **Group 2 (LGV/PCV) drivers with diabetes mellitus who switch from tablets to insulin**

These drivers are required to notify DVLA when they start insulin and stop driving Group 2 vehicles. They will require 3 months of blood glucose readings on insulin before they can be assessed for fitness to drive a Group 2 vehicle. **The blood glucose readings must be available on a glucose meter with a memory function to measure and record blood glucose levels.** They are required to test at least twice daily and at times relevant to driving.

## Changes to the standards for drivers with diabetes mellitus - important update 20th September 2011

Further to the details published on 15th August, this information is an update to the changes to the standards for drivers with diabetes mellitus. We are now able to inform you of how to make an application to be considered to drive lorries and buses.

You will be required to complete a D2 application form. You may also be required to produce a D4 Medical examination report. Please be aware that when treated with medication which carries a risk of inducing hypoglycaemia (this includes insulin, sulphonylureas and glinides) evidence will also be required to demonstrate adequate control of the condition by regular blood glucose monitoring (at least twice daily and at times relevant to driving). Applicants with insulin treated diabetes will need to have used a blood glucose meter with a memory function to measure and record blood glucose levels for at least **three months** prior to submitting their application.

More information can be found at [www.direct.gov.uk/motoring](http://www.direct.gov.uk/motoring) where you can also order the D2 application form. An information leaflet on how to complete the application can be found at [www.direct.gov.uk/motoringleaflets](http://www.direct.gov.uk/motoringleaflets).

On receipt of your application, medical enquiries will begin to determine whether you are now meeting the new standards of fitness required to drive. As part of our investigations we will request information from your doctor and for insulin treated diabetes you will also be required to attend an examination with a hospital consultant specialising in the treatment of diabetes.

At this time, the Regulations will come into force on the 15th November 2011. Before sending your application to DVLA, please refer to the DVLA website at [www.dft.gov.uk/dvla/medical](http://www.dft.gov.uk/dvla/medical) for further information as to when your application can be submitted.

# Changes to the standards for drivers with diabetes mellitus - 15 August 2011

Throughout this document severe hypoglycaemia is defined as requiring the assistance of another person.

## 1. Changes to the standards for driving Group 2 vehicles (buses and lorries).

The consultation on Proposals to amend Driving Licence Standards for Vision, Diabetes and Epilepsy closed on 28th April 2011. The proposals included changes to allow applicants with diabetes treated with insulin to be considered for Group 2 licensing. We intend to introduce this and other changes to the regulations for insulin-treated diabetes from the 15th November 2011.

Once these changes have been introduced, to be able to apply for entitlement to drive Group 2 vehicles, applicants will have to meet the following standards when treated with insulin. When treated with medication other than insulin which carries a risk of inducing hypoglycaemia (including sulphonylureas and glinides), the following standards have applied since September 2010.

- There has not been any severe hypoglycaemic event in the previous 12 months
- The driver has full hypoglycaemic awareness
- The driver must show adequate control of the condition by regular blood glucose monitoring, at least twice daily and at times relevant to driving\*
- The driver must demonstrate an understanding of the risks of hypoglycaemia and
- There are no other debarring complications of diabetes

\*To demonstrate adequate control of the condition by regular blood glucose monitoring, the Secretary of State's Honorary Medical Advisory Panel on Diabetes Mellitus (the Panel) has recommended that applicants with insulin-treated diabetes will need to have used blood glucose meters **with a memory function** to measure and record blood glucose levels for at least three months prior to submitting their application.

The requirement to demonstrate three months of blood glucose monitoring before applying for a Group 2 licence is already a requirement of the current C1 licensing process for drivers with insulin-treated diabetes. The additional requirement to demonstrate monitoring **using a blood glucose monitor with a memory function** is considered by the Panel to be an appropriate additional requirement to balance the desire to increase opportunities for those affected whilst ensuring the country's excellent road safety record. We would be grateful if you would make this clear to any of your patients who are considering applying for Group 2 licensing.

In addition, all applicants for a Group 2 licence will need to meet the Group 2 standards for all the other medical conditions from which they suffer.

## 2. Changes to the standards for driving Group 1 vehicles (cars and motorcycles)

The following changes introduced by the European Union have applied since September 2010.

- Must not have had more than one episode of severe hypoglycaemia within the preceding 12 months
- Must not have impaired awareness of hypoglycaemia which has been defined by the Diabetes Panel for Group 1 vehicles as "an inability to detect the onset of hypoglycaemia because of a total absence of warning symptoms"

**Information for Group 2 drivers with diabetes treated with medication which carries a risk of inducing hypoglycaemia, this includes sulphonylureas and glinides. This criteria also applies to drivers of C1 vehicles (medium sized goods vehicles 3.5 - 7.5 tonnes MAM) treated with insulin.**

From 15/09/2010 drivers who wish to hold a group 2 licence are required to satisfy the following criteria as stipulated in the new EC Directive. If they cannot meet these criteria they will not be eligible to hold a group 2 licence:

- No episode of hypoglycaemia requiring the assistance of another person has occurred in the preceding 12 months
- Has full awareness of hypoglycaemia
- Regularly monitors blood glucose at least twice daily and at times relevant to driving
- Must demonstrate an understanding of the risks of hypoglycaemia
- There are no other debarring complications of diabetes such as a visual field defect