



# Lorry or bus drivers with diabetes treated by diet alone

## When do you need to tell us?

Please keep this leaflet safe so you can refer to it in the future

If you drive a lorry or bus, you do not need to tell us if your diabetes is treated by diet alone and you are free of the complications listed over the page.

Some people with diabetes develop associated problems that may affect their driving.

### What you need to tell us about

By law, you must tell us if (one of the following):

- you start treatment with tablets
- you start treatment with a sulphonylurea or a glinide
- you start treatment with insulin
- you have laser treatment to **either** eye
- you have problems with vision in **either** eye.

The legal eyesight standard means that you must be able to read a car number plate from 20 metres. Also, you must not have been told by a doctor or optician that your eyesight is currently worse than 6/12 (decimal 0.5) on the Snellen scale. If you are in any doubt, you should discuss with your optician or doctor. If required, you may wear glasses or corrective lenses to meet both of these standards

### Bioptic (telescope) devices are not acceptable for use while driving in Great Britain

- you also need to meet higher visual standards that apply for vocational driving
- you develop any problems with the circulation or sensation in your legs or feet which makes it necessary for you to drive certain types of vehicles only, for example, automatic vehicles, or vehicles with hand operated accelerator or brake – this must be noted on your driving licence
- an existing medical condition gets worse or you develop any other condition that may affect you driving safely

**In the interest of road safety you must be sure that you can safely control a motor vehicle at all times.**

### How to tell us

If your doctor, specialist or optician tells you to report your condition to us, you need to fill in a **VDIAB1GEN** medical questionnaire about diabetes.

Questionnaires are available to download at **www.gov.uk/driving-medical-conditions**

Questionnaires are available to order by:

Phone: **0300 790 6806**

Write to: **Drivers Medical Group  
DVLA  
Swansea  
SA99 1TU**

### Useful addresses

#### Diabetes UK Cymru

Argyle House  
Castlebridge  
Cowbridge Road East  
Cardiff  
CF11 9AB

#### Diabetes UK Scotland

Savoy House  
140 Sauchiehall Street  
Glasgow G2 3DH

#### Diabetes UK Central Office

Wells Lawrence House  
126 Back Church Lane  
London  
E1 1FH

#### Diabetes UK

Website: **www.diabetes.org.uk**

Go to  
**www.gov.uk/browse/driving**  
for quick and easy access  
to our online services  
**Save time**  
and do it online now