



A guide for drivers with insulin treated diabetes who wish to apply for lorry or bus entitlement (group 2)



For more information go to
www.gov.uk/browse/driving/disability-health-condition.

Please keep this guidance for future reference.

Introduction

If you're a lorry or bus (group 2) driver living with diabetes, managing your glucose (sugar) levels is essential for your safety and that of others. This leaflet explains who can apply for a group 2 licence, how to apply, and what's required to drive safely.

Before you apply for a Group 2 licence, please read this leaflet carefully to check if you meet the medical and monitoring requirements.

Who can apply – eligibility criteria

You may apply if you:

- have not had a low blood glucose (hypoglycaemic) event where you needed help from another person in the last 12 months
- are fully aware of low blood glucose (hypoglycaemia) symptoms
- understand the risks of low blood glucose (hypoglycaemia) while driving
- check your glucose (sugar) levels regularly, as they can change quickly – you must follow the guidance under 'Monitoring glucose while driving' in this leaflet
- attend a yearly examination with an independent diabetes specialist
- can provide 4 weeks of continuous glucose readings stored on your glucose meter for review by the diabetes specialist **and** have no other health condition that would stop you from driving
- sign an agreement to follow your healthcare professional's advice and tell DVLA about any significant changes to your condition

The application process

Stage 1 – getting started

Before applying, you must have been stable on insulin for at least one month.

You'll need to fill in and send us a:

- D2 application form
- VDIAB11 medical questionnaire

You may need to send a D4 medical examination form (if required - see next section).

You can get the forms you need from a Post Office[®] that offers DVLA services (check if your local Post Office stocks the form before you visit) or call **0300 790 6806** to request them.

You are responsible for any fees charged for the D4 medical report.

If you've had any low blood glucose (hypoglycaemia) episodes, you must

- show you were aware of them
- show you re-tested your glucose (sugar) to confirm they are back to normal before driving again
- keep a diary of any low glucose readings, including symptoms and causes and whether you were aware or not at the time

You will need to send all completed forms to DVLA before moving to stage 2.

Stage 2 – specialist assessment

DVLA will send a medical questionnaire to an independent diabetes consultant.

You will need to attend an appointment where the consultant will:

- review 4 continuous weeks of glucose (sugar) readings from your meter
- check that your meter has the correct date and time settings and enough memory to store 4 continuous weeks of glucose readings

Bring **all your meters** to the appointment.

DVLA will pay the fee for this examination.

While DVLA assess your application

You **must not drive** Group 2 vehicles if:

- you've never held lorry or bus entitlement before
- you already hold entitlement to drive lorries or buses and have recently started insulin treatment
- your driving licence has been revoked (cancelled) or refused

When you need a D4 medical form

You'll need a D4 form if:

- this is your first application
- you're renewing your lorry or bus entitlement at age 45, then every 5 years until 65, and yearly after that

Do not apply if you cannot meet the qualifying conditions listed at Section 4 of the INF4D information leaflet – you can download it from **www.gov.uk/browse/driving** or request it from DVLA Swansea.

Monitoring glucose (sugar) while driving

You are now legally allowed to monitor your glucose levels for driving a group 2 vehicle using:

- Continuous Glucose Monitoring (CGM) and/or
- finger prick glucose monitoring

What you must do

If using CGM, use a **medically approved CGM device, that's non-adjunctive** (approved for treatment decisions based on CGM readings alone).

Carry your monitor at all times.

Check your glucose (sugar) levels:

- at least twice a day, even on non-driving days
- just before you start driving
- **at least every 2 hours** during your journey

There must be **no more than 2 hours** between glucose checks at any time during your journey.

Pull over safely before testing or checking your device.

Keep a finger-prick monitor as backup and use it to confirm your glucose level if your CGM device or sensor is not working, or if your CGM reading does not match how you feel.

Trust your symptoms – do not rely solely on CGM if you feel unwell.

Carry spares: test strips, lancets, and batteries.

Note: device alarms are a helpful tool, but they should support, not replace your own awareness of low glucose symptoms or regular self-checks.

Safe driving requirements

1. Know your limits

Do not drive if:

- glucose (sugar) is **below 4 mmol/L**
- you have **low glucose symptoms**

2. Plan breaks

Make sure you:

- take regular breaks to check glucose and eat if needed
- never test while driving – **pull over first**

3. Be emergency-ready

Make sure you:

- keep **fast-acting carbohydrate** such as glucose tablets, sweets, juice within easy reach in the vehicle
- let your employer and colleagues know about your condition and how to help you in an emergency
- carry identification that shows you have diabetes in case of injury in a road traffic accident

4. Stay informed

Make sure you:

- keep up-to-date guidance on diabetes and driving regulations
- follow your healthcare professional's advice

Contact DVLA

Website:

www.gov.uk/browse/driving/disability-health-condition

Phone: **0300 790 6806** 8am to 7pm Monday to Friday
8am to 2pm Saturday

Address: **Drivers Medical Group**
DVLA
Swansea
SA99 1TU

**When was the
last time you had
an eye test?**

If you drive, make sure you
have one at least every 2 years.

www.gov.uk/driving-eyesight-rules



DVLA's digital service

Save time - do it online!

Driving licences – from applying for your provisional to viewing your driver details.

Vehicle tax – tax your vehicle or make a Statutory Off Road Notification (SORN).

Personalised registrations – buy a registration number and benefit from our after sales service.

For more information on all DVLA's secure online services, ensure you use the official GOV.UK website at:
www.gov.uk/browse/driving

youtube.com/dvlagov @DVLAGovuk facebook.com/dvlagovuk

