

If you have Type 1 Diabetes you can drive but there are a few things you need to consider to make your journeys smoother...

- 1. You need to be 5 to drive! This means having a blood glucose level of 5mmol/L or above before you can drive.**
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- 2. You should check your blood glucose level less than 2 hours before starting to drive and then every 2 hours after driving has started if your on a longer journey. If your BG level is 5.0mmol/L or less then you should eat a snack before you set off and then recheck. If it is less than 4.0mmol/L or you feel hypoglycaemic then do not drive.**
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- 3. You may need to check more frequently if there may be any risk of hypoglycaemia. Always have your blood glucose meter and blood glucose strips with you and keep an emergency supply of fast acting hypo treatments within easy reach in the vehicle. Carry personal ID to show that you have diabetes if you are injured in a road traffic accident.**
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- 4. If you start to feel hypo while driving, stop the vehicle safely, and as soon as you can, switch off the engine, remove the keys from the ignition and move from the driver's seat. You shouldn't start driving again until 45 minutes after fingerprick BG level has returned to at least 5.0mmol/L. It takes up to 45minutes for the brain to recover fully.**
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- 5. If you use a CGM or Flash, check your glucose levels and if the reading is 4.0mmol/L or below, stop driving and confirm your finger prick BG check reading. Your finger prick BG level must be at least 5.0mmol/L before returning to driving.**

Download the legal requirements for driving from the DVLA [here](#)



16-18's page



19-25's page

More resources can be found in the DigiBete app or on the DigiBete website www.digibete.org

