

Driving & Type 1 Diabetes

Are you ready?

Before getting your learners or probationary license your Diabetes specialist will need to declare you **ready to drive**. These guidelines below reference the Diabetes Australia website and the National Transport Commission, 2012.

These guidelines are in addition to your responsibility to undertake certain measures prior to every trip you drive in order to ensure you are **safe** before getting behind the wheel – this is for your own well being *and* that of others on the road.

As with everyone with Type 1 or insulin treated diabetes, obtaining and ongoing renewal of your drivers' license **will be conditional on** achieving and maintaining certain standards of self-care and wellbeing. Certification of being medically fit to drive must therefore be provided by your treating diabetes doctor at the time of your first licence application and 2-yearly thereafter. It is your responsibility to ensure that this is done in a timely manner.

Necessary requirements before obtaining license

- You must notify VicRoads that you have type 1 diabetes – they will provide you with a medical form that your doctor must complete.
- Notify your motor vehicle insurance company that you have Type 1 diabetes
- Your HbA1c must be < 9% to be deemed fit to drive
- You must not have had a severe hypoglycaemic episode in the preceding 3-6 months
- You must show evidence to your doctor through your glucometer that you're already regularly checking your BGL as is the requirement before and during a drive.

Necessary precautions that you must undertake before every drive

- Check blood glucose before each trip – do not drive if hypoglycaemic
- Take your meter, hypo treatment and long acting carbohydrate with you, even on short or learner drives
- Check your blood glucose level at least every 2 hours. At RCH we recommend hourly BGL testing. On longer trips plan regular stops for BGL testing and snacks
- If your BGL is between 4-5mmol/L, have a sustaining carbohydrate serve
- If you have a hypo while driving pull over the car and turn engine off. Do not drive until your BGL returns to 4mmol/L or above
- We also recommend that you wear a medic alert or similar identification bracelet or that states your name and your condition.

Please go to the Vic Roads website for more information on driving with diabetes and reporting your medical condition to Vic Roads.

<https://www.vicroads.vic.gov.au/licences/medical-conditions-and-driving/>

For more information on driving with diabetes please visit Diabetes Victoria at www.diabetesvic.org.au