

Diabetes

Can you drive a HGV with Diabetes?

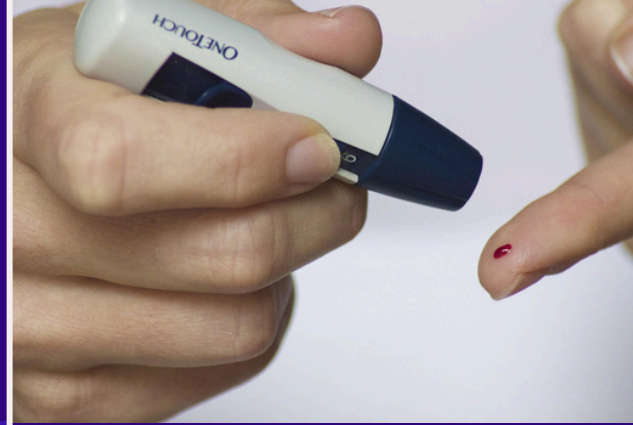
If you have Diabetes, YES you can drive an HGV, but you must meet certain criteria to apply for a licence.

If you're insulin-treated, the primary concern is managing your blood sugar levels effectively to avoid severe hypoglycemia, which can impair your driving ability.

According to the DVLA (Driver and Vehicle Licensing Agency), you must meet the following criteria to be eligible to drive an HGV:

- No episodes of hypoglycemia while driving within the last 12 months.
- Regular assessments with a diabetes consultant at least once a year.
- Stable blood sugar control on insulin for at least one month.
- Frequent blood glucose testing, particularly before and during driving.
- No other health conditions that would prevent you from safely driving.

If you meet these requirements, you can apply for your HGV licence, but you need to inform the DVLA about your condition. Additionally, you must sign a declaration acknowledging the risks of hypoglycemia and agree to report



Do You Have to Declare Type 1 Diabetes to the DVLA?

Yes, you must declare Type 1 diabetes to the DVLA if you use medication or insulin to manage your condition.

Failure to do so can result in a fine of up to £1,000.

The process involves filling out the appropriate forms and providing evidence of stable blood sugar levels, particularly if you're on insulin or other medications that can cause hypoglycemia.

If you manage your diabetes through diet and exercise alone, you don't need to inform the DVLA, as long as you can manage your condition effectively without the risk of hypoglycemia affecting your driving ability. However, if you use medication, it's essential to inform the DVLA to maintain road safety.

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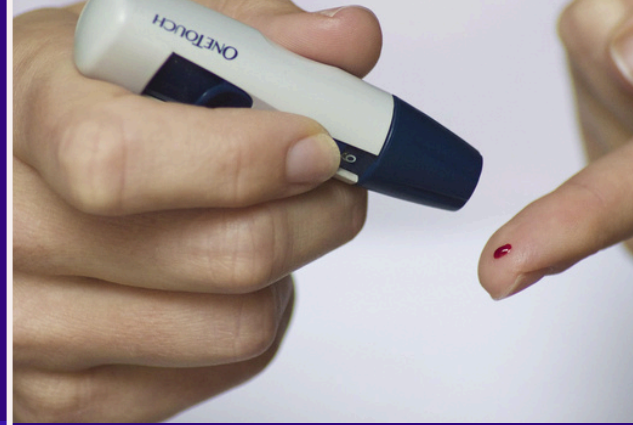
Can you drive a HGV with Diabetes?

The good news is whether you have Type 1 or Type 2 diabetes, you can still drive an HGV. However you must follow specific medical guidelines and rules implemented by DVLA.

The ability to hold an HGV licence depends on how the condition is managed. The most important factor is controlling blood sugar levels and preventing severe hypoglycemia, which can impair a driver's reaction times and decision-making ability

If you manage your diabetes with diet and exercise alone, you don't need to inform the DVLA, and there are no restrictions on your driving. However, if you take medication or insulin, you must inform the DVLA as part of the licensing process.

For those using insulin, the DVLA requires a medical review and regular blood sugar testing. A licence holder using insulin or other medication that could cause hypoglycemia must meet certain conditions to maintain their licence. This includes providing evidence of stable blood sugar control, having no severe hypoglycemic episodes while driving, and receiving annual assessments from a diabetes consultant.



For diabetics, complications such as diabetic retinopathy (vision issues) or neuropathy (nerve damage) could affect your ability to drive. You must report these complications to the DVLA. If you have complications that impact your vision or other functions required for safe driving, the DVLA may disqualify you from holding an HGV licence.

For further information check out the following resources:

Diabetes UK

www.diabetes.org.uk

0345 123 2399