How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

Tell the DVLA
By law you must tell the DVLA if you take insulin or tablets for controlling your blood glucose levels. If your diabetes is well controlled you should be able to hold a driving licence. If you take insulin you will be given a restricted licence for 1, 2 or 3 years after which you will have to renew it.
If you have frequent hypoglycaemia ‘hypos’ (low blood sugar) that are likely to affect your driving, or find it difficult to realise when you are becoming ‘hypo’, you will have to stop driving until you get your blood glucose levels under control. Please discuss this with your diabetes team as soon as possible.

Tell your Insurance Company
You must declare that you have diabetes when you take out a motor insurance policy, even if you are not specifically asked about health issues. If your insurance company does not know you have diabetes then your insurance cover will be invalid.

If you already have a motor policy at the time of diagnosis, you must inform your current insurance provider even if you are not taking any medication. You must then tell the insurer of any changes in your medication e.g. if you start to take tablets or insulin.

Under the Disability Discrimination Act 1995, you should not be refused cover or be charged an increased premium unless there is evidence that your risk of an accident is increased.

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If you require a translation of this leaflet please call 01494 425308

www.buckshealthcare.nhs.uk
**Driving Exemptions and Diabetes**  
(DVLA February 2008)

If your diabetes is treated with insulin you are barred by law from holding an HGV or PCV vehicle licence.

**Local Taxi Policies**

Your local council controls the regulations about driving a licensed taxi. You will need to contact the relevant town council licensing body to find out whether they permit people with diabetes to drive taxis.

**Useful Contact Numbers**

**Driver and Vehicle Licensing Authority (DVLA)**  
www.dvla.gov.uk  
0870 240 0009  
DVLA, Swansea SA6 7JL

**Diabetes UK**  
www.diabetes.org.uk  
Careline 0845 120 2960  
Monday – Friday 9am – 5pm  
Diabetes UK, Macleod House,  
10 Parkway, London. NW1 7AA

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**Rules for safe driving with diabetes**

- Act responsibly: ensure you are safe to drive before getting in the car.
- Check your blood glucose before driving.
- Don’t drive if your blood glucose is less than 5mmols.
- Have a snack if level is below 5mmols.
- Be prepared for traffic delays — keep a fast-acting glucose supply and slower release carbohydrate snack accessible in the car.
- Check your blood glucose every 2 hours during a long journey.
- Carry personal identification indicating you have diabetes in case of a road traffic accident or if you require the assistance of others.
- Particular care should be taken during changes of insulin regime, changes in lifestyle, exercise, travel or pregnancy.

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**What to do if you feel hypo symptoms when driving**

- Pull over immediately and park safely.
- Take keys out of the ignition and move out of the driving seat.
- Have fast acting glucose tablets/food or drink followed by a carbohydrate snack such as a sandwich or cereal bar.
- Check your blood glucose is above 5mmol.
- Wait at least 45 minutes after you feel better before driving again.

**Having a hypo while driving has serious consequences and could be fatal for you and others.**

You could be charged with a driving offence, may lose your licence and could face a prison sentence.

*Please remember you need to wash your hands with **soap and water** before testing your blood glucose levels.*