

## Diabetes and Driving: We wish to inform as many people as possible who may be affected by these changes

The Microdot+ meters now coming into use for Type I and II patients will automatically store the last 500 blood glucose readings in the memory. The new DVLA guidelines (reproduced below) ask drivers to record their readings at a minimum of twice per day for the last 3 months for indications of hypoglycaemia. This is approximately the last 180 readings. The Microdot+ meter therefore meets the record keeping requirements of the new driving guidelines. The 500 reading stored in the Microdot+ memory are always the last 500 readings and older readings in excess of 500 are automatically discarded by the meter to be replaced by new readings. In some circumstances patients may also want to keep written records of their readings.

To be able to apply for entitlement to drive Group 2 category vehicles the following criteria have to be met when treated with medication which carries a risk of inducing hypoglycaemia (insulin and some tablets) There has not been any severe hypoglycaemic event in the previous 12 months;

- The driver has full hypoglycaemic awareness;
- The driver must show adequate control of the condition by regular blood glucose monitoring, at least twice daily and at times relevant to driving;
- The driver must demonstrate an understanding of the risks of hypoglycaemia; and,
- There are no other debarring complications of diabetes.

To demonstrate adequate control of the condition by regular blood glucose monitoring, the Secretary of State's Honorary Medical Advisory Panel on Diabetes Mellitus (the Panel) has recommended that applicants with insulin treated diabetes will need to have used blood glucose meters with a memory function to measure and record blood glucose levels for at least three months prior to submitting their application.

The requirement to demonstrate three months of blood glucose monitoring before applying for Group 2 licensing is already a requirement of the current limited C1 licensing requirements. The additional requirement to demonstrate monitoring using a blood glucose meter with a memory function, is considered by the Panel to be an appropriate additional requirement to balance the desire to increase opportunities for those affected while ensuring the country's excellent road safety record. For more info see [www.direct.gov.uk/diabetesrules](http://www.direct.gov.uk/diabetesrules).

**DVLA**  
Driver and Vehicle  
Licensing Agency

### Is your diabetes treated with insulin?

**The DVLA rules about driving lorries and buses are changing**

From October 2011, if your diabetes is treated with insulin you can apply for a driving licence to drive buses and lorries. In the interest of road safety, strict medical criteria will apply.

For more information go to:  
[www.direct.gov.uk/diabetesrules](http://www.direct.gov.uk/diabetesrules)

**DVLA**

An executive agency of the  
Department for  
**Transport**

Readings from the Microdot+ meters may also be automatically downloaded using free software available from the Microdot website at [www.microdot.biz/products](http://www.microdot.biz/products) . To use the software you also need a special cable available from 01480-482920 at a price of £20.00 including postage.