



## Episode 16: Diabetes & Driving — Group 1 Rules

- Must self-declare diabetes to DVLA.
- License valid 3 years (renewal required).
- Glucose thresholds:
  - $\geq 5.0$  mmol/L → safe to drive
  - 4.0–4.9 mmol/L → snack, then continue
  - $< 4.0$  mmol/L → treat hypo → confirm  $> 5$  mmol/L → **wait 45 min once above 5 mmol/L**
- Testing: finger-prick OR CGM acceptable.
- Check every  $\leq 2$  hours.

### Footnotes

- 📌 Prepared by Professor Pratik Choudhary & John Pemberton as a summary of Episode 16, The GNL Podcast.
- 📌 This is not a replacement for DVLA INF294 guidance. Please scan the DVLA INF294 QR code.
- 📌 As of 4th Sept 2025. Guidance may change. Always check the official DVLA website. No liability accepted. For information purposes only.

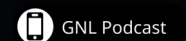
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## Extras (Pro Tips)

- Always carry a finger-prick meter with correct time & date (legal proof).
- Finger-prick often rises faster post-hypo → may start 45-min clock sooner.
- Use CGM low alert set at 5.0 when driving.
- Confirm low CGM values with a finger-prick if you feel fine.



**Professor Pratik Choudhary**





# Episode 16: Diabetes & Driving —

## Group 2 Rules

- Applies to vehicles **>3.5t** or carrying **>8 passengers**.
- If starting insulin → **must not drive for 1 month** (independent assessment)
- Must have **full hypo awareness**.
- **Finger-prick only** for proving  $\geq 5$  mmol/L (CGM not accepted yet).
- Thresholds same as Group 1 (check every  $\leq 2$  hours):
  - $\geq 5.0$  mmol/L → safe
  - 4.0–4.9 mmol/L → snack & continue
  - $< 4.0$  mmol/L → treat → confirm  $> 5$  mmol/L → **wait 45 min once above 5 mmol/L**

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**Professor Pratik Choudhary**



INF294 Insulin Treated



Gov.uk: Drivers with diabetes



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