

Diabetes Driving-Safety Summary

A print-friendly, source-linked reference for transport workers

Important: This summary is for information and signposting. It does not diagnose diabetes, interpret an individual glucose reading, prescribe treatment, decide a DVLA reporting requirement or say whether anyone is fit to drive. Follow the current official guidance and the plan agreed with your clinician or diabetes team.

1 Before you travel

- Follow the plan agreed with your diabetes team and the current official driving rules that apply to you.
- If your treatment puts you at risk of hypos, take an appropriate way to check glucose before you travel.
- Where the current rules require checks, check just before you drive and at least every two hours on a longer journey. Do not let more than two hours pass between checks.
- Keep quick-acting carbohydrate within reach. Take the spares or back-up equipment your diabetes team recommends.
- Plan meals, snacks and breaks. Do not delay them to finish a run or meet a schedule.
- If a device reading does not match how you feel, do not rely on the device alone. Follow your clinical plan and stop safely if needed.

2 Glucose before driving

4.0 mmol/L or below

Do not drive. Treat a hypo in line with your agreed plan and check again before considering travel.

Between 4.0 and 5.0 mmol/L

The current DVLA insulin-treated diabetes leaflet says to eat a fast-acting carbohydrate snack before driving.

5.0 mmol/L or above

Use the current official guidance and your own clinical plan. This is not an individual fitness-to-drive decision from DriverWell.

Plan ahead

Take breaks on longer journeys and do not ignore warning signs because of a delivery, loading slot or timetable.

3 If a hypo starts while driving

The current DVLA leaflet for insulin-treated diabetes says to pull over safely as soon as possible, switch off the engine and remove the keys. Treat the hypo in line with your agreed plan. It says not to resume driving until at least 45 minutes after glucose has returned to 5.0 mmol/L or above, so that concentration and reaction time can recover.

A clear pause is a safety action. Never push on to reach a depot, complete a delivery or keep to a timetable when you have warning symptoms or feel unwell.

4 Licence and reporting questions

The DVLA position depends on your licence group and treatment. Check the current official route rather than relying on a general summary.

Bus, coach and lorry driving

Group 2 rules can be different from car and motorbike rules.

Insulin treatment

Current GOV.UK guidance says Group 2 drivers must stop driving and tell DVLA when they start insulin. DVLA decides when driving can resume.

Tablets, injections or diet

The official route separates Group 1 and Group 2 rules by treatment. Check it with your clinician if you are unsure what applies to you.

5 What to keep with you

- A suitable glucose monitor and the equipment or back-up your diabetes team recommends.
- Fast-acting carbohydrate within reach and snacks or meals for the journey.
- Spares such as test strips, lancets or batteries where relevant to your equipment.
- Any identification or clinical information you have been advised to carry.
- The time and space to stop safely, test or check a device, eat, recover and ask for help if needed.

6 When you need individual advice

Use an NHS or diabetes-team route for symptoms, treatment or health concerns. The NHS explains when to contact a GP or NHS 111. If you are unsure about your licence, reporting or driving situation, use the current GOV.UK route and speak to your own clinician or diabetes team. A general summary or knowledge-check result cannot make that decision for you.

7 Official sources

- [GOV.UK: Diabetes and driving](#). Current reporting routes, forms and licence-group information.
- [DVLA: Information for drivers with diabetes](#). Includes the insulin-treated diabetes leaflet used for the glucose and hypo safety reminders in this summary.
- [Diabetes UK: Driving and diabetes](#). Driving checklist, hypo-awareness information and support.
- [NHS: Diabetes](#). General condition, symptom, testing and treatment information.

Sources checked 22 September 2026. DriverWell will review this summary when a relevant official source changes.