

Medical declaration for drivers with tablet-controlled diabetes

Driver's name _____ Date of birth _____

Some tablets used for treating diabetes have a risk of causing hypoglycaemia. These are tablets called sulphonylureas and glinides. The most common types of tablet in these groups are listed below.

<p>Sulphonylureas Including gliclazide, glibenclamide, glimepiride</p>	<p>Glinides nateglinide also known as Starlix repaglinide also known as Prandin</p>
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If you take one of these medications you need to complete the declaration at the bottom of this form and make an appointment to see your GP or diabetes nurse to complete the medical section, and then return this to your licensing authority.

Hypoglycaemia, also known as a hypo, is the medical term for a low blood glucose (sugar) level.

Severe hypoglycaemia means the assistance of another person is required.

Early symptoms of hypoglycaemia include sweating, trembling, feeling hungry, fast pulse or palpitations, anxiety, or tingling lips.

If you don't treat this it may result in more severe symptoms such as slurred speech, difficulty concentrating, confusion, or disorderly or irrational behaviour.

If left untreated this may lead to unconsciousness.

If you are taking any of these tablets you need to monitor your blood glucose level by doing a finger prick test as follows:

- A test before you start driving a bus or lorry (less than two hours before you start)
- A test every two hours whilst you are driving such vehicles

If you have a blood sugar reading of less than 5 mmol/l whilst you are driving you must stop and take some fast acting glucose. Once your blood glucose level reaches a normal state again you need to wait another 45 minutes before resuming driving.

You must inform your licensing authority if you have an episode of severe hypoglycaemia whilst awake or if you feel you are at high risk of developing severe hypoglycaemia, or if you develop an impaired awareness of hypoglycaemia in which you have difficulty recognising the warning symptoms of low blood sugar.

As there are several different types of tablets for treating diabetes, your GP may decide it is better for you to stop the medications listed above and change you to a different one. This would reduce the risk of you having a hypo when you are driving and also mean that you did not need to have these additional diabetes assessments for your licence.

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Declaration by driver

1. I understand the risk of hypoglycaemia and will comply with the advice of my doctor or diabetes nurse who is supervising my treatment.
2. I regularly monitor my condition and, in particular, undertakes blood glucose monitoring at least twice daily and at times relevant to vocational driving (i.e. no more than two hours before the start of the first journey and every two hours whilst driving).
3. I have not had an episode of severe hypoglycaemia in the last 12 months.
4. I will immediately report to the licensing authority in writing any significant change in my condition, as required above.

Signed _____ Date _____

Declaration by GP or diabetes nurse

This person has been assessed by me. I am a registered medical practitioner or a registered nurse specialising in diabetes. I confirm that he/she:

1. controls the diabetes responsibly and has a minimal risk of impairment due to hypoglycaemia.
2. has full awareness of hypoglycaemia.
3. to the best of my knowledge hasn't had an episode of severe hypoglycaemia in the last twelve months.
4. regularly monitors the diabetes and, in particular, undertakes blood glucose monitoring at least twice daily and at times relevant to driving taxis (i.e. no more than two hours before the start of the first journey and every two hours whilst driving).

Signed _____ Date _____

Stamp showing name, position, and address