



Driver & Vehicle  
Licensing  
Agency

INS186

A guide for drivers with  
**Insulin Treated  
Diabetes** who wish  
to apply for **Group 2  
Entitlement**  
(bus and lorry)

For more information go to  
[www.gov.uk/browse/driving/disability-health-condition](http://www.gov.uk/browse/driving/disability-health-condition)



Please keep for further reference

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Please read the following information before deciding if you are eligible to apply.

## Qualifying conditions you must meet

- You have not had a hypoglycaemic event requiring the help of another person in the last 12 months.
- You **must** have full awareness of the symptoms of hypoglycaemia.
- You **must** be able to show an understanding of the risks of hypoglycaemia.
- You **must** check your blood glucose (sugar) levels at least twice daily, **even on non-driving days** and no more than 2 hours before the start of the first journey and every 2 hours while driving. This must be done using a blood glucose (sugar) meter with a memory function to measure and record blood glucose levels.
- You **must** keep a fast acting carbohydrate within easy reach when driving.
- You **must** attend an examination every 12 months with an independent consultant specialising in the treatment of diabetes.
- You **must** have at least 3 **continuous** months of readings available on the memory of your blood glucose (sugar) meter(s) for the consultant/GP to inspect.
- You **must** have no other debarring medical condition.
- You **must** sign an agreement stating that you will comply with the directions of doctors treating your diabetes and that you will report immediately any significant changes to your condition to DVLA.



There are three stages to the process.

You will be required to complete all 3 stages when you first notify us of your insulin treated diabetes. When renewing you will only need to complete all 3 stages every other year. In the alternate years you will only need to complete the first and third stages.

## First stage

You need to have been stable on insulin for at least 1 month before applying for your licence and by the time of the second stage of assessment you must have 3 months of blood glucose (sugar) readings taken whilst on insulin (see below).

- Application form (D2)
- A medical questionnaire (VDIAB1I).
- Please read the 'Notes to take into consideration' section of this leaflet for information on whether a D4 is required. If you do need one, you will need to contact us on **0300 790 6806** to request these forms or you can order them from **[www.gov.uk/browse/driving](http://www.gov.uk/browse/driving)**
- **You are responsible** for any fees that may be charged for filling in the D4 Medical report.
- It is acceptable for all people with insulin-treated diabetes to have occasional episodes of hypoglycaemia. However should you have any episodes, you will be required to demonstrate to the assessors that you are aware of these episodes when they occur. Your meter readings will also need to demonstrate that you re-tested your blood glucose (sugar) to ensure normalisation prior to driving. To help with this it is strongly advised that you keep a diary of any low blood glucose readings with reasons for their occurrence and whether you were aware or not at the time.
- The application form, medical questionnaire and D4 medical report should be sent to DVLA for assessment before proceeding to the next stage.



## Second stage – Specialist medical questionnaire

- A medical questionnaire will be sent to either your own GP or your diabetes consultant (whoever you have seen more recently). You will have to attend an appointment for the form to be filled in.
- At the examination the doctor will need to see 3 continuous months of blood sugar (glucose) readings available on blood glucose (sugar) meter(s) with a **memory function. These readings must have been taken whilst treated with insulin.**
- **The date and time must be set correctly on the meter(s) and there must be sufficient memory to store 3 months of blood sugar (glucose) readings. If unsure, you may wish to discuss with the team who manage your diabetes.**
- **DVLA will pay** the fee for this examination

## Third stage – Specialist medical questionnaire and examination by a consultant specialising in diabetes

- A medical questionnaire will be sent to an independent consultant specialising in the treatment of diabetes. You will have to attend an appointment for the form to be filled in.
- At the examination, the consultant will need to see 3 **continuous** months of blood glucose (sugar) readings available on a blood glucose (sugar) meter(s) with a **memory function.** You **must** take all your meters to this examination.
- **DVLA will pay** the fee for this examination.



## Notes about driving while we assess your fitness to drive

- If you have not previously held lorry or bus entitlement or if it has been refused or revoked, you must not drive until our enquiries have been completed and a licence issued.
- If you currently hold entitlement to drive lorries or buses and you have not previously advised us that your diabetes is treated with insulin, you must ensure that you meet all the qualifying conditions listed in this leaflet to continue driving until DVLA has made a licensing decision.

## Notes to take into consideration

### Get the D4 form filled in if:

- This is your first application.
- You are applying to renew your lorry or bus entitlement and are aged 45. From then on a D4 will be needed every 5 years until you are 65 when a D4 will be required every 12 months.
- You are applying for a new provisional entitlement and a D4 has not been submitted in the last 12 months.
- You are 70 and still need C1 and D1 entitlement. You will need to send in a D4 every 3 years.
- Do not send in an application if you cannot meet any of the qualifying conditions listed at Section 4 of the INF4D information leaflet. These conditions would prevent you from holding a vocational licence. The INF4D is available from DVLA Swansea or can also be downloaded from [www.gov.uk/browse/driving](http://www.gov.uk/browse/driving)

## Contact us

- Web site:  
[www.gov.uk/browse/driving/disability-health-condition](http://www.gov.uk/browse/driving/disability-health-condition)
- Phone: **0300 790 6806** (8.30am - 5.30pm. Mon – Fri)
- Write: **Drivers Medical Group, DVLA, Swansea SA99 1TU**



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# DVLA's Online Services

**Save time – Do it online!**

- **Driving licences** – from applying for your provisional to viewing your driver details
- **Vehicle tax** – tax your vehicle or make a Statutory Off Road Notification (SORN)
- **Personalised registrations** – buy a registration number and benefit from our after sales service.

**For more information on all DVLA's secure online services, ensure you use the official GOV.UK website at:**

**[www.gov.uk/browse/driving](http://www.gov.uk/browse/driving)**



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