Diabetes and driving

As diabetes is a medical condition that may affect safe driving, it must be reported to VicRoads Medical Review. This publication describes what to do if you have diabetes. If your diabetes is well controlled you are allowed to drive.

Learner permit and driver licence

Applying for your first learner permit or driver licence
If you are applying for your first learner permit or driver licence, and you have diabetes, you must notify VicRoads and provide a medical report before a learner permit or a driver licence can be issued. If you do not notify VicRoads that you have diabetes when you apply for a learner permit or driver licence, your learner permit or driver licence could be suspended or cancelled.

If you already hold a learner permit or driver licence
If you hold a current learner permit or driver licence, you are required by law to notify VicRoads if you have any serious, permanent or long-term illness, disability, medical condition or injury which may affect your fitness to drive. This includes diabetes, whether it is controlled by insulin or oral medicine. Failure to notify could also affect your insurance cover.

You should be aware that some medicines may affect your ability to drive safely. Discuss this with your doctor. It is illegal to drive if you are affected by medicine(s).

To retain your driver licence you must provide a medical report to VicRoads. VicRoads determines your fitness to drive on a case by case basis in accordance with national medical standards. Medical advice and assessment outcomes are also considered.

Standards for commercial truck, taxi and bus licences are stricter than those for private licences.

Drivers may be required to provide a report from a diabetes specialist (endocrinologist), an optometrist or an eye specialist.

Severe hypoglycaemic event
In a severe hypoglycaemic event, you need someone to administer treatment. These events are particularly dangerous if they occur while driving. You can lose consciousness and control of your vehicle. If you experience a severe hypoglycaemic event, discontinue driving and seek medical attention. Wait until your doctor gives you clearance to resume driving.
Notification of Diabetes to VicRoads

Please complete the white sections. Print in ink using BLOCK letters.

**Licence holder details**

<table>
<thead>
<tr>
<th>Last name</th>
<th>Date of birth</th>
<th>First name</th>
<th>Second given name</th>
<th>Home address</th>
<th>State</th>
<th>Postcode</th>
</tr>
</thead>
</table>

**Licence type** (please tick a box)
- Applying for learner permit or licence
- Current learner permit
- Current driver licence
- Current commercial licence

**Diabetes and control** (please tick a box)
- Type 1 (Insulin)
- Type 2 (Medicine)

**Notification by** (please tick box)
- Self
- Family
- Medical professional
- Other

NB. All information provided in good faith is protected from disclosure. The information provided on this form will be held in confidence.

Return this completed form to:
- Email: medicalreview@roads.vic.gov.au
- Fax: (03) 9854 2307
- Mail: Medical Review, PO Box 2504, Kew, Victoria 3101

**Periodic reviews for drivers**
After initial notification, periodic reviews are generally required as follows:

<table>
<thead>
<tr>
<th>Diabetes and control</th>
<th>Requirement for medical licensing review *</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Private vehicles</td>
</tr>
<tr>
<td>Diabetes controlled by diet</td>
<td></td>
</tr>
<tr>
<td>Type 2 diabetes, requiring oral medicine</td>
<td></td>
</tr>
<tr>
<td>Every five years*</td>
<td>Every year</td>
</tr>
<tr>
<td>Type 1 or type 2 diabetes controlled by insulin</td>
<td></td>
</tr>
<tr>
<td>Every two years*</td>
<td>Every year</td>
</tr>
</tbody>
</table>

If VicRoads varies, suspends or cancels your licence you can appeal against the decision. However, you cannot appeal if VicRoads requests you to provide a medical or other report, or asks you to undertake a driving test.

There are two ways you can appeal:
1. You can write to VicRoads and ask for an internal review.
2. You can appeal to the Magistrates’ Court. For further information or to obtain medical or eyesight report forms contact:

**VicRoads Medical Review**
- Email: medicalreview@roads.vic.gov.au
- Fax: (03) 9854 2307
- Mail: Medical Review, PO Box 2504, Kew, Victoria 3101

Information on driving and diabetes is available on the Diabetes Australia-Vic website at: diabetesvic.org.au

For more information about diabetes contact:

**Head Office**
Diabetes Australia – Victoria
570 Elizabeth Street,
Melbourne 3000
Tel (03) 9667 1777
Fax (03) 9667 1778
Email mail@diabetesvic.org.au
Web diabetesvic.org.au
Diabetes Infoline 1300 136 588

The National Diabetes Services Scheme can be accessed at: ndss.com.au

For advice on how to remain a safe driver, contact a diabetes educator. Call Diabetes Australia-Vic on 1300 136 588 for contacts in your area.

* The frequency of periodic reviews may vary depending on the type of diabetes and changes in other medical conditions.