

# Keep on top of your glucose levels

Contour<sup>®</sup>  
Evolving with you

## The CONTOUR<sup>®</sup>NEXT meter system

- Suitable for both Group 1<sup>4</sup> and Group 2<sup>4</sup> licence holders who want greater insight into their blood glucose readings
- Allows a Group 2<sup>4</sup> licence holder to maintain 3 months of blood glucose readings in line with NDLS standards
- You can also seamlessly connect your CONTOUR<sup>®</sup>NEXT meter with the CONTOUR<sup>®</sup>DIABETES app to help manage your diabetes, smarter



Visit: [www.diabetes.ascensia.ie/products/contour-next](http://www.diabetes.ascensia.ie/products/contour-next) to see if you are eligible\* for a free CONTOUR<sup>®</sup>NEXT meter

## smartLIGHT<sup>®</sup> target range indicator:



Amber

Above target range  
(pre set target range  
above 10 mmol)



Green

Within target range  
(pre set target range  
between 3.9 mmol - 10 mmol)



Red

Below target range  
(pre set target range  
below 3.9 mmol)

For more information on diabetes, driving and the law visit [www.diabetes.ascensia.ie](http://www.diabetes.ascensia.ie) or [www.diabetes.ie](http://www.diabetes.ie)

\*Terms and Conditions apply; see website for details.

This information was correct as of April 2021. For the full guidance and latest updates, please refer to the NDLS website, [www.NDLS.ie](http://www.NDLS.ie)

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# Driving with Diabetes

An overview for those treated with insulin or other medications  
**WITH POTENTIAL for hypoglycaemia<sup>1</sup>**



# Driving with Diabetes

## Remember **Over 5** before you Drive!

### Always

- Carry your blood glucose testing kit in your car, and check that it is set to the correct date & time.
- Keep a snack and an emergency supply of fast acting carbohydrate within easy reach.
- Carry PERSONAL IDENTIFICATION to show you have diabetes.
- REMEMBER to wash your hands before you test<sup>2</sup>.



### General tips for driving with diabetes:

- Always check your blood glucose before setting off on any journey. For long journeys, check every 2 hours, take regular meals, snacks and rest periods. Always avoid alcohol.
- If your blood glucose is less than 5.0 mmol/L before you start a journey, have a snack and do not start driving until your blood glucose is above 5.0 mmol/L. If you develop hypoglycaemia<sup>1</sup> or the symptoms of hypoglycaemia while driving, stop your vehicle as soon as possible, switch off the engine, remove the keys from the ignition and move from the driver's seat. Take 15g of fast acting carbohydrate such as glucose tablets or a sugary drink and retest<sup>5</sup>. Do not start driving until 45 minutes after the blood glucose has returned to normal<sup>3</sup>.
- Take particular care during changes of insulin regimes, medications, episodes of illness, changes of lifestyle, exercise, travel and pregnancy.
- If you use an interstitial fluid continuous glucose monitoring system (FGM or RT-CGM), you must continue to carry a blood glucose meter to check your blood glucose levels at times when the CGM/FGM reading is 4.0mmol/L or below or when you experience symptoms of hypoglycaemia. Only Group 1<sup>4</sup> drivers may use FGM/RT-CGM, as these systems are not compliant with the NDLS rules for Group 2<sup>4</sup> drivers, who must continue to use blood glucose meters.

### Applying for a driving licence

If you wish to apply for a Group 1<sup>4</sup> driving licence, you need to make sure:

- You have not had more than ONE EPISODE of hypoglycaemia requiring the assistance of another person in the last 12 months.
- You have appropriate awareness of hypoglycaemia.
- You must monitor blood glucose at times relevant to driving.
- You must be under regular medical review and have no other complications that affect the ability to drive safely.

### If you drive a Truck or Bus (Group 2<sup>4</sup>)

If you wish to apply for a Group 2<sup>4</sup> licence there are some additional rules that apply:

- You must have NO EPISODE of hypoglycaemia requiring the assistance of another person in the last 12 months.
- You must show adequate control of your condition by monitoring blood glucose at least twice daily and at times relevant to driving, using a blood glucose meter with a memory function to measure and record blood glucose levels.
- At your annual examination by a consultant endocrinologist, you must have 3 months of blood glucose readings available.

### NDLS Contact Details: [www.ndls.ie](http://www.ndls.ie)

Tel: 1890 40 60 40. Email: [medicalfitness@rsa.ie](mailto:medicalfitness@rsa.ie)

Guidance could be updated at any time, therefore ensure you stay informed by visiting the NDLS website.

#### <sup>1</sup> What is Hypoglycaemia?

Hypoglycaemia (also known as a hypo) is the medical term for a low blood glucose (sugar) level (4 mmol/L or below). Severe hypoglycaemia means that the assistance of another person is required. The risk of hypoglycaemia is the main danger to safe driving as your brain needs glucose to function. The early warning symptoms of hypoglycaemia are: sweating, shakiness, feeling weak or hungry, anxiety or tingling lips.

<sup>2</sup> Unwashed hands can cause false high readings.

<sup>3</sup> It takes up to 45 minutes for a brain to recover fully following a hypo.

<sup>4</sup> **Group 1** categories AM, A1, A2, A, B, BE, or W  
i.e. motorcycles, cars and tractors.

**Group 2** categories C1, C, C1E, CE, D1, D, D1E, DE  
i.e. trucks and buses.

<sup>5</sup> <https://www.diabetes.org.uk/guide-to-diabetes/complications/hypos/having-a-hypo>