



Driving with Diabetes

According to the American Diabetes Association applicants applying for the first-time are asked two questions relating to their medical condition.

- Diagnosed with diabetes on insulin requires **"YES"** to both questions.
- A **"YES"** requires you to have a medical examination by a physician.

*The State of Alabama Dept of Motor Vehicles requires that a physician endorse the fact that you can drive safely while taking medication for diabetes, **especially insulin.***

However, renewing drivers are not asked any medical questions.

Forms are mailed to you from the DMV

Things you must do first:

- The front sheet is a release of information which **MUST** be signed before the forms can be completed.
- The fasting (breakfast) blood sugar level is required for three days; make sure you have the most recent blood sugars available.

NO FORM WILL BE SIGNED IF YOU ARE NOT CHECKING blood sugars REGULARLY. At this time, continuous glucose monitoring (CGM) does not replace blood sugar testing with regard to driver's license forms.

Please try to plan ahead and schedule your clinic visit just after your 15th and 16th birthdays in order to get the forms completed.

If you obtain the form between visits, it may be mailed in to be signed given the following conditions:

- * You have been seen in clinic within 90 days **OR**
- * You have submitted blood sugars for evaluation and have visited clinic within 180 days

The doctor may choose to refuse to sign the forms if he/she is concerned that diabetes management is not safe for any reason

- * Admission to any hospital for DKA does **NOT** count as a clinic visit.
- * Severe hypoglycemia (seizure, "passing out", poor awareness of low blood sugar) must be under control before driving is allowed.

DRIVER LICENSE FORMS will be completed after your clinic visit and faxed to Department of Public Safety Driver License Division.

...continued on back