

Medical Examination Report D4

Information and useful notes

For more information go to www.direct.gov.uk/driverhealth



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You will need to get this Medical Examination Report (D4) filled in by a doctor if you apply for a driving licence for a:

- vehicle between 3.5 and 7.5 tonne, small or medium lorry or full sized lorry (LGV) (C, C1+E, or C+E)
- bus (PCV) over 8 passenger seats (D1, D1+E, D or D+E).

Car licence holders who are not renewing C1/D1 driving entitlement do not require a D4.

Important information

You must send in the D4 form which has been filled in by a doctor within the last 4 months.

Get the D4 form filled in if:

- this is your first application
- you are applying for entitlement to drive lorries or buses and are 45. From then on, a D4 will be needed every 5 years until you are 65. From age 65 onwards, bus and lorry driving licences are issued for one year only
- you are under 70 and hold a medically restricted car driving licence and are renewing: your D1 entitlement to drive minibuses (not for hire or reward), or your C1 entitlement to drive 3.5 – 7.5 tonne vehicles and small lorries
- you already hold or previously held a lorry (LGV) licence entitlement and now wish to apply for a Bus (PCV) licence entitlement (or vice versa). This is unless you have had a D4 filled in within the last 12 months for the prior entitlement
- you are 70 and still need your C1 or D1 entitlement you will need to send in a D4 every 3 years
- you are an EU/EEA driving licence holder whose authority to drive lorries and or buses (LGV/PCV) vehicles in the United Kingdom has run out.

Note

You do not need to send in the form when you renew a short period driving licence of 1, 2 or 3 years that we have restricted for medical reasons until you are 45.

If you are over the age of 45 and you have a short period licence, a D4 form will still only be required after every 5 year period from the age of 45 or the next renewal period after the 5 years (if it happens to run over e.g. having two 3 year licences issued).

Further details about this can be found in booklet D100 (Driving Licences) available for download from www.direct.gov.uk/driverhealth or at Post Office® branches.

Instructions for you and your doctor are detailed on the next two pages.

A. What you have to do

1. You must arrange an appointment for a full medical examination, with a doctor registered or practising in the United Kingdom or in any other EU/EEA country.

If your own doctor fills in the D4 medical examination, it may speed up your application.

You must read section C pages 6-11 before arranging an appointment to find out if you can meet the medical standards needed:

- to drive categories C1, C1+E, D1, D1+E, C, C+E, D and D+E, and
 - when you renew category C1 (small or medium lorries) and D1 (minibuses not for hire or reward), which you gained when you passed your car driving test before 1 January 1997.
2. If, after reading the notes, you have any doubts about your fitness to meet the medical standards, ask a doctor/optician for advice before getting them to fill in the form. If you do not do this, we may not issue you with a driving licence for lorries or buses. The doctor will normally charge you for filling in the form and those registered for VAT charge VAT on top of their fee. If we refuse your application, we will not be responsible for the fee you pay the doctor and will not refund it.
 3. Fill in Section 9 and Section 10 on page 8 of the D4 when you are with the doctor carrying out the medical examination.
 4. Send the D4 report, application form and your driving licence to the DVLA. The doctor's signature will be valid for only four months. If you do not send both forms together, it will delay the processing of your driving licence.
 5. If you develop a condition which could affect safe driving (see pages 6-11) and you hold any type of driving licence, you must let the DVLA know.
 6. If you have any queries please phone **0300 790 6807** between 8am and 5.30pm Monday to Friday.
 7. You must check all sections of the D4 report have been filled in fully before sending your application to the DVLA. If you have ticked any medical condition on the D4 report, send details of these with your application form to **The Drivers Medical Group, DVLA, Swansea, SA99 1DF.**

B. Information for the doctor

1. Please examine the patient fully and include urine screening for glucose.
2. Fill in sections 1–8 of the D4 Report. You may find it helpful to read DVLA's 'At A Glance' booklet. You can download this from the 'medical rules for all drivers' section of **www.dft.gov.uk/dvla/medical/medical_professionals.aspx**
You can get more help by phoning **01792 782337** (10am to 1pm) and asking to speak to one of the Medical Advisers. We need to know the applicant's full name, address and date of birth. Alternatively, you can get up-to-date standards at **www.dft.gov.uk/dvla/medical/medical_professionals.aspx**
3. Make sure you fill in all sections, including consultant/specialist details, on the front of the form and the surgery/practice stamp or GMC registration number in section 8.
4. Try to get details of the applicant's medical history when you fill in the D4 report. If you do not hold the medical records, and the report misses important clinical details about the applicant's ability to drive safely, you should give the details in section 7.
5. If the applicant is not a patient under your care then please ensure that you confirm their identity before examination. This may be done, for example, by way of photographic identification.

C. Medical Standards

Medical standards required for drivers of lorries and buses (categories C1, C1+E, D1, D1+E, C, C+E, D and D+E) are higher than those required for car drivers.

These standards also apply when renewing categories C1 (small or medium lorries between 3.5–7.5 tonnes) and D1 (minibuses not for hire or reward) which were gained when a car driving test was passed before 1 January 1997.

If you have any of the following medical conditions you may not be able to hold a driving licence for vehicles:

- between 3.5 and 7.5 tonne (small or medium lorries)
- lorries (LGV) or buses (PCV) over 8 seats, or
- vehicles in categories C1, C1+E, D1, D1+E, C, C+E, D, D+E.

This is unless you can meet the criteria explained below.

1. Epilepsy or liability to epileptic attacks

If you have been diagnosed as having epilepsy, which includes all events: major, minor and auras: You will need to be free of a further attack without taking anti-epilepsy medication for 10 years.

If you have a condition that causes an increased liability to epileptic attacks, for example serious head injury: The risk of you having a seizure must have fallen to no greater than 2% per annum.

DVLA must refuse or revoke the licence if you cannot meet these conditions.

1a. First epileptic attack or solitary seizure

If you have had only one epileptic attack or a solitary seizure, you may be entitled to drive after 5 years from the date of the seizure provided that you are able to satisfy the following criteria:

- no relevant structural abnormality has been found in the brain on imaging
- no definite epileptic activity has been found on EEG (record of the brain waves)
- you have not taken any anti-epilepsy drugs for at least 5 years since the seizure
- you have the support of your neurologist
- your risk of a further seizure is considered to be 2% or less per annum (each year).

You are strongly advised to discuss your eligibility to apply for your driving licence with your doctor(s) before getting a D4 form filled in.

2. Insulin treated Diabetes

If you have insulin-treated diabetes you are eligible to apply for a licence for categories C, C+E, D, D+E, C1, C1+E, D1 and D1+E.

An annual assessment by a hospital consultant specialising in the treatment of diabetes is required and you will have to meet strict criteria for controlling and monitoring your insulin-treated diabetes. This includes having at least 3 months of blood glucose readings available for inspection on a blood glucose meter with a memory function.

3. Eyesight

All applicants, for any category of vehicle must be able to read in good light with glasses or contact lenses if necessary:

- a number plate at 20.5 metres (67 feet) where the characters displayed are 57mm wide, or
- 20 metres (65 feet), where characters displayed are 50mm wide.

The characters displayed on all new and replacement number plates manufactured from September 2001 are 50mm in width instead of 57mm. See D100 for details.

Applicants for categories C1, C1+E, D1, D1+E, C, C+E, D and D+E must also by law have:

- 3a**
- a visual acuity of at least 6/9 in the better eye
 - a visual acuity of at least 6/12 in the worse eye, and
 - if these are achieved by wearing glasses or contact lenses the uncorrected visual acuity in each eye must be no less than 3/60.

You may still be allowed a driving licence:

- if you are an applicant who held an LGV/PCV driving licence before 1 January 1997 and have an uncorrected acuity of less than 3/60 in only one eye, or
- if you held an LGV/PCV (formerly HGV/PSV) driving licence before 1 March 1992 but do not meet the medical standards in 3a.

You can get more information about the medical standards and other requirements from:

The Drivers Medical Group
DVLA
Swansea
SA99 1TU
Phone: **0300 790 6807**

Car driving licence holders renewing category C1 (small or medium lorries between 3.5–7.5 tonnes) and category D1 (minibuses not for hire or reward) need to meet the number plate test and the eyesight standard in **3a**.

Normal binocular field

Drivers of medium/large goods or passenger-carrying vehicles must have a normal binocular field of vision. This means that any area of defect in a single eye is totally compensated for by the field of the other eye.

Monocular vision

The applicant will need to have a minimum acuity of 6/12 if they were licensed on 1/1/1983 and 6/9 if first licensed since that date. Usually drivers who have monocular vision cannot have C, C1 (12 tonnes combined), D or D1 categories. The only exceptions are:

- those drivers whose C or D entitlements were issued before 1/1/91 in the knowledge of monocularity and whose entitlements were still in force on 1/4/91, or
- drivers who passed a C1 test prior to 1/1/97.

A minimum acuity of 6/12 is required if licensed on 1/1/1983 and 6/9 if since. A certificate of recent driving experience will also be required. DVLA will send this certificate to you for completion on receipt of a valid application.

- * Drivers whose best vision in one eye has deteriorated since the previous application to less than 3/60 will be considered functionally monocular and will not be issued a medium/ large goods or passenger carrying vehicle driving licence.

Uncontrolled symptoms of double vision

If you have uncontrolled symptoms of double vision, or you have double vision treated with a patch, you will not be allowed to hold a driving licence for a Lorry or Bus (LGV or PCV).

A new applicant or existing licence holder who is unsure about the medical eyesight standard to hold a Lorry or Bus (LGV or PCV) driving licence should check with **Drivers Medical Group, DVLA, Swansea SA99 1TU** or phone **0300 790 6807**.

4. Other medical conditions

An applicant or existing licence holder is likely to be refused a medium/large goods or passenger-carrying vehicle driving licence if they cannot meet the recommended medical guidelines for any of the following:

- within 3 months of a coronary artery bypass graft (CABG)
- angina, heart failure or cardiac arrhythmia which remains uncontrolled
- implanted cardiac defibrillator
- hypertension where the blood pressure is persistently 180 systolic or more and/or 100 diastolic or more
- a stroke or Transient Ischaemic Attack (TIA) within the last 12 months
- unexplained loss of consciousness with liability to recurrence
- meniere's disease, or any other sudden and disabling vertigo within the past 1 year, with a liability to recurrence
- major brain surgery and/or recent severe head injury with serious continuing after-effects or a likelihood of causing seizures
- parkinson's disease, multiple sclerosis or other chronic neurological disorders with symptoms likely to affect safe driving
- psychotic illness in the past 3 years
- serious psychiatric illness
- if major psychotropic or neuroleptic medication is being taken
- alcohol and/or drug misuse in the past 1 year or alcohol and/or drug dependence in the past 3 years
- dementia
- cognitive impairment likely to affect safe driving
- any malignant condition in the last 2 years, with a significant liability to metastasise (spread) to the brain
- any other serious medical condition likely to affect the safe driving of a medium/large goods or passenger carrying vehicle, or
- cancer of the lung.

5. Facts you should know about excessive sleepiness/tiredness and driving

There is no excuse for falling asleep at the wheel and it is not an excuse in law.

- Up to one fifth of accidents on motorways and other monotonous types of roads may be caused by drivers falling asleep at the wheel.
- 18 – 30 year old males are more likely to fall asleep at the wheel when driving late at night.
- Modern life styles such as early morning starts, shift work, late and night socialising, often lead to excessive tiredness by interfering with adequate rest.
- Drivers who fall asleep at the wheel have a degree of warning.
- Natural sleepiness/tiredness occurs after eating a large meal.
- Changes in body rhythm produce a natural increased tendency to sleep at two parts of the day;
 - Midnight – 6am
 - 2pm – 4pm
- Although no one should drink and drive at any time, alcohol consumed in the afternoon may be twice as potent in terms of producing sleepiness and driving impairment as the same amount taken in the evening.
- Prescribed or over-the-counter medication can cause sleepiness as a side effect. Always check the label if you intend to drive.

Medical Conditions causing sleepiness

All drivers are subject to the pressures of modern life, but many drivers are unaware that some medical conditions also cause excessive sleepiness/tiredness. These, alone or in combination with the factors mentioned previously, may be sufficient to make driving unsafe. A road traffic accident may be the first clear indication of such a sleep disorder.

Obstructive Sleep Apnoea (OSA)

- OSA is the most common sleep-related medical disorder.
- OSA significantly increases the risk of traffic accidents.
- OSA occurs most commonly, but not exclusively, in overweight individuals.
- Partners often complain about snoring and notice that the sufferers have breathing pauses during sleep.
- OSA sufferers rarely wake from sleep feeling fully refreshed and tend to fall asleep easily when relaxing.
- Long distance lorry and bus drivers affected by OSA are of great concern as most will be driving on motorway type of roads and the size or nature of the vehicle gives little room for error.
- At least four in every hundred men have OSA.
- Sleep problems arise more commonly in older people.
- Lifestyle changes, for example weight loss or cutting back on alcohol, will help ease the symptoms of OSA.
- The most widely effective treatment for OSA is Continuous Positive Airway Pressure (CPAP). This requires the patient to wear a soft face mask during sleep to regulate breathing. This treatment enables patients to have a good night's sleep, so reducing daytime sleepiness and improving concentration.

Other sleep related conditions

Illnesses of the nervous system, such as **Parkinson's Disease**, **Multiple Sclerosis (MS)**, **Motor Neurone Disease (MND)** and **Narcolepsy** may also cause excessive sleepiness although sometimes these illnesses alone may cause drivers to be unfit for driving.

Tiredness or excessive sleepiness can be a non-specific symptom of Parkinson's disease, MS, MND or may also be related to prescribed medication.

Narcolepsy also causes daytime sleepiness/tiredness as well as other symptoms that may be disabling for drivers.

