

Medical Examination Report D4

Information and useful notes

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



Contents

Important information.....	3
What you have to do.....	4
Information for the doctor.....	5
Lorry and Bus (LGV and PCV) Medical Standards	6
1. Epilepsy or liability to epileptic attacks	6
2. Diabetes	7
3. Eyesight	7
4. Other medical conditions	9
5. Facts you should know about excessive sleepiness/tiredness and driving.....	10

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 over 3.5 and 7.5 tonne, medium or Large Goods Vehicle (LGV) (C1, C1+E, C or C+E)
- passenger Carrying Vehicle (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 and buses and are 45. From then on a D4 will be needed every 5 years until you are 65. From age 65 onwards, 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 are 70 and still need your C1 or D1 entitlement you will need to send in a D4 every 3 years
- you are an EC/EEA driving licence holder whose authority to drive lorries and or buses (LGV/PCV) vehicles in Great Britain 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.

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.

There are separate rules for C1 drivers who have Diabetes that is treated by insulin. If you need more information please phone 0300 790 6807.

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 from a doctor registered or practising in United Kingdom or in any other EC/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 your categories, C1 small/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 us processing your driving licence application.
 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 and Saturday 8am and 1pm.
 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 fully examine the patient and include urine screening for glucose.
2. Fill in sections 1–7 and 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.direct.gov.uk/driverhealth**
You can get more help by phoning 01792 761119 (10am to 3pm) 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.direct.gov.uk/driverhealth**
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 patients records, and the report misses important clinical details about the applicants ability to drive safely, you should give the details in section 7.

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 (D1) minibuses (not for hire or reward) and (C1) small lorries (3.5–7.5 tonne vehicles) which were gained when a car driving test was passed before 1 January 1997.

If you have any of the following medical conditions you will not be able to hold a driving licence for vehicles between 3.5 and 7.5 tonne (small or medium lorries), Large Goods Vehicles (LGV) or Passenger Carrying Vehicles (PCV) over 8 seats. (Categories C1, C1+E, D1, D1+E, C, C+E, D, D+E).

1. Epilepsy or liability to epileptic attacks

If you have been diagnosed as epileptic or have had a spontaneous epileptic attack(s) which includes all events major, minor and auras, you will need to be free of further epileptic 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 fall to no greater than 2% per annum. DVLA must refuse or revoke the licence if these conditions cannot be met.

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 scanning
- no definite epileptic activity has been found on EEG (record of the brain waves)
- you have achieved at least five years without anti-epilepsy drugs 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. Diabetes

If you are an insulin treated diabetic you may **NOT** obtain a licence for categories C, C+E, D, D+E, D1 and D1+E **UNLESS** you held a HGV/PSV licence valid on 1 April 1991. The Traffic Commissioner in whose area you lived, or who issued the driving licence, will need to have had knowledge of the insulin treatment before 1 January 1991.

Insulin treated diabetics applying for **C1, C1+E** categories (vehicles between 3.5 and 7.5 tonnes with a trailer up to a combined weight of 8.25 tonnes, or 12 tonnes will need a specialist assessment, and meet a strict criteria for diabetic control and the higher medical standards needed for large lorries (LGV).

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 meters (67 feet) or 20 meters (65 feet), where narrower characters are displayed (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.

If you are an applicant who held a driving licence before 1 January 1997 and who has an uncorrected acuity of less than 3/60 in only one eye or who has held an LGV/PCV (formerly HGV/PSV) driving licence before 1 March 1992 but who does not meet the medical standards in 3a may still be allowed a driving licence. You can get more information about the medical standards and other requirements from The Drivers Medical Group, DVLA Swansea SA99 1TU or phone 0300 790 6807.

Car driving licence holders renewing category C1 small lorries and buses (3.5–7.5 tonne vehicles) and category D1 minibuses 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. 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 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 we will not give them a medium/ large goods or passenger carrying vehicle driving licence.

Uncontrolled symptoms of double vision

If you have uncontrolled symptoms of double vision, monocularity and have double vision treated with a patch you will not be allowed to hold a driving licence for medium/ large goods or passenger carrying vehicle.

A new applicant or existing licence holder who is unsure about the medical eyesight standard to drive PCV or HGV driving licences 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 remain 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.
- Difficulty in communicating by telephone in an emergency.
- Major brain surgery and/or recent severe head injury with serious continuing after effects.
- 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 dependency in the past 3 years.
- Dementia.
- 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.

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 preventing adequate rest.
- All 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 maybe 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.

