

# driving regulations – quick guide

epilepsy  
society  
quick guide

This factsheet summarises the driving regulations for Group 1 driving licences (cars, motorcycles and mopeds) and includes a flow chart to help you find out how the regulations apply to you.

## what is 'epilepsy'?

The DVLA driving regulations define 'epilepsy' as having two or more epileptic seizures more than 24 hours apart.

## what does this factsheet cover?

This factsheet **only** covers the driving regulations for epilepsy for Group 1 licences. It does not cover other types of licence, isolated or provoked seizures, or seizures caused by changing or coming off medication.

## Other types of licence

The medical standards for driving under a Group 2 licence are different from that for Group 1.

## Isolated seizures

An 'isolated seizure' is a first and single, unprovoked seizure when someone has no history of seizures. This also includes more than one seizure if all of the seizures happened within a 24 hour period.

## Provoked seizures

'Provoked seizures' are seizures caused by a specific event or situation that is not likely to happen again. Examples include seizures immediately following a head injury or stroke. Seizures due to alcohol, missing medication, or lack of sleep are not usually considered 'provoked'.

## Breakthrough seizures and seizures when stopping or changing medication

These are seizures that happen when someone's seizures have otherwise been fully controlled, or that happen when someone is stopping or changing their epilepsy medication.

## terms and what they mean

**Group 1** – the licence needed to drive cars, mopeds and motorbikes.

**Group 2** – the licence needed to drive large lorries and buses.

**Awake seizures** – seizures that happen when you are awake. This includes seizures that affect your consciousness if they start when you are awake.

**Asleep seizures** – these are seizures that happen when you are asleep, while you are falling asleep, or as you are waking up from sleep. They are sometimes called 'nocturnal seizures' as they usually happen at night, but the term 'asleep seizures' may apply if you sleep in the daytime as part of your normal routine (for example if you do shift work).

## how does this affect me?

The flow chart over the page only applies to you if you meet the DVLA's definition of 'epilepsy' (see above) and it only covers Group 1 regulations.

If your situation changes (for example if you have been seizure-free and you have a seizure, or you have a different seizure to your normal seizures) you may need to start at the top of the flow chart again.

If you are not sure if or how these regulations apply to you, you can call our epilepsy helpline to talk through your situation (see contact details below). Alternatively, you can contact the DVLA directly.



See our leaflet *driving and travel* for full details of the driving regulations for epilepsy.



Call the DVLA on 0300 790 6801 (general enquiries) or 0300 790 6806 (drivers' medical enquiries) or visit [gov.uk/epilepsy-and-driving](http://gov.uk/epilepsy-and-driving)

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[epilepsysociety.org.uk](http://epilepsysociety.org.uk)

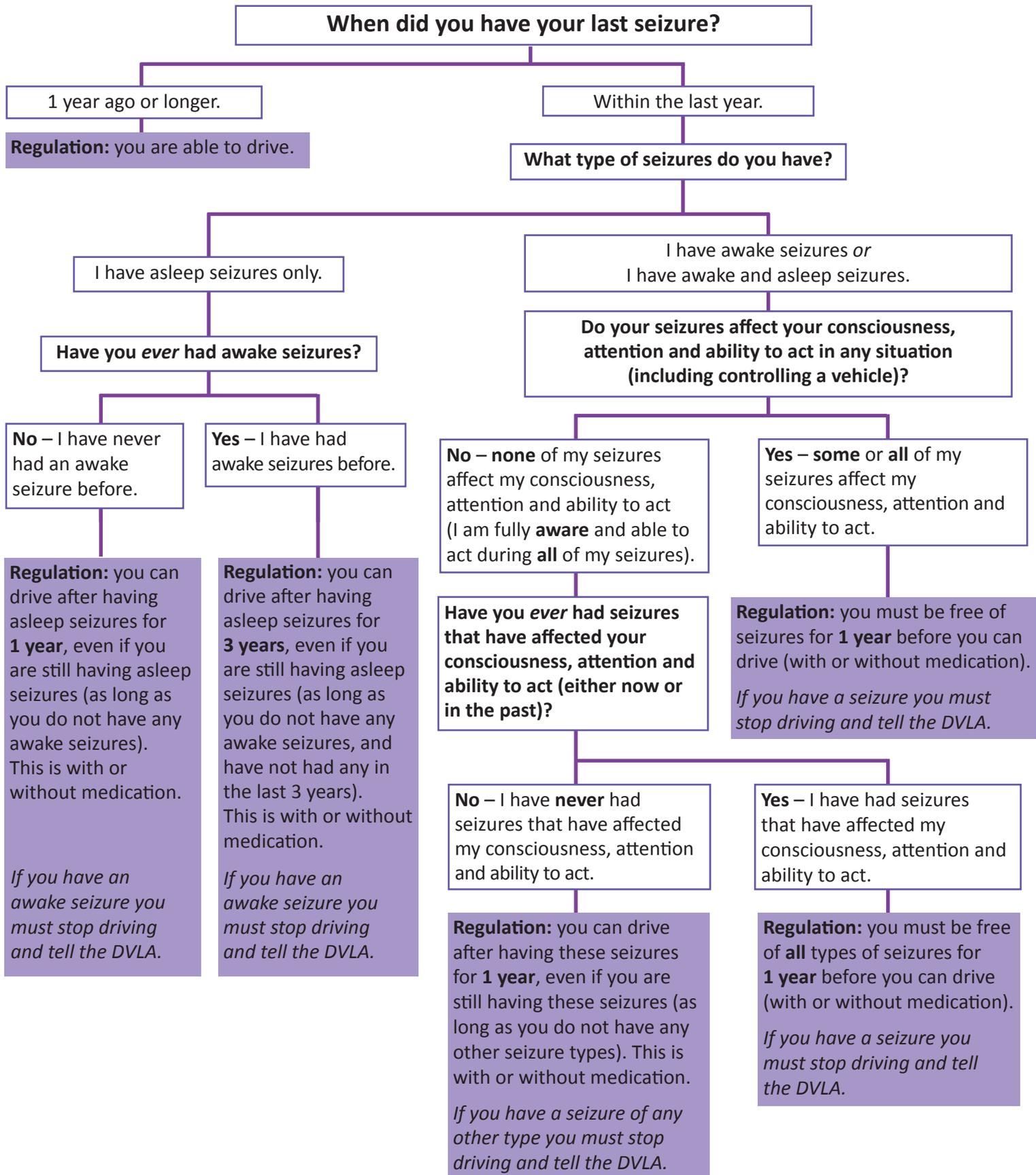


helpline  
01494 601 400

Monday and Tuesday 9am to 4pm  
Wednesday 9am to 7.30pm  
Confidential (national call rate)

# how does this affect me?

The chart below is designed to show you how the **Group 1** driving regulations for epilepsy apply to you. Start at the top and answer each question in turn to find which regulation applies to you. In all cases, you must tell the DVLA about your situation, as they will need to confirm that you can drive, or if you need to reapply for your licence before you can drive again.



## Please note

To be able to drive you must also meet all normal driving requirements (for example, the standards for vision).