

DGT – Medicine Document



GOBIERNO
DE ESPAÑA

MINISTERIO
DE SANIDAD, SERVICIOS SOCIALES
E IGUALDAD

MINISTERIO
DEL INTERIOR

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Medicines

- ✓ Health is important
- ✓ Medicine / Herbal Both - Side Effects
Allopathic
- ✓ Affect, Alertness **Vision**, Reaction Time
- ✓ Dangerous as **Driving Drunk**
- ✓ Know **Side-Effect**, No Presc. = Still Dangerous
- ✓ **Don't** do **Self-Medication** if you **don't** know effects
- ✓ Always Consult **Doc. / Pharmacist**
- ✓ Check the **Leaflet** - driving pictogram



Fotosensibilidad: ver prospecto



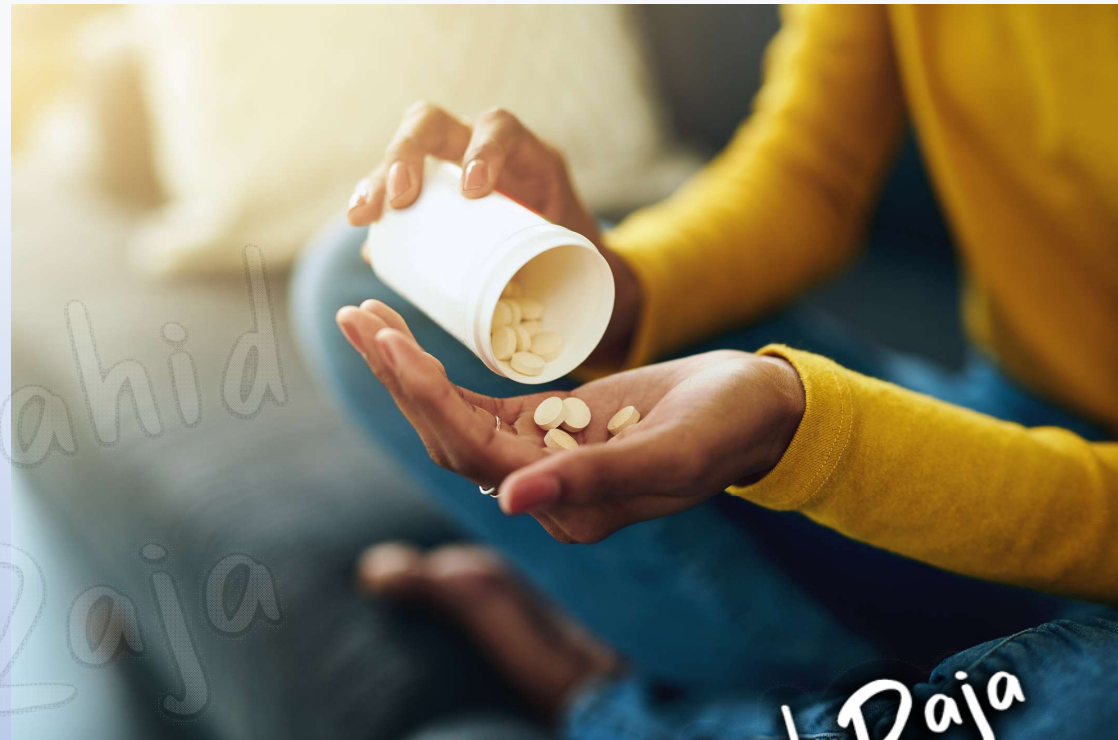


What Side Effects?

- ✓ **Drowsiness/** Sleepiness
- ✓ Decreased Concentration

- ✓ Double / **BLUR Vision**
- ✓ **Feeling of Vertigo (Chakar)**
- ✓ Slow Reflexes

- ✓ **Instability**
- ✓ Fainting/ Dizziness / Low BP
- ✓ **in DOUT?** Always Consult **Doc. / Pharmacist**
- ✓ Check the **Leaflet** - driving pictogram



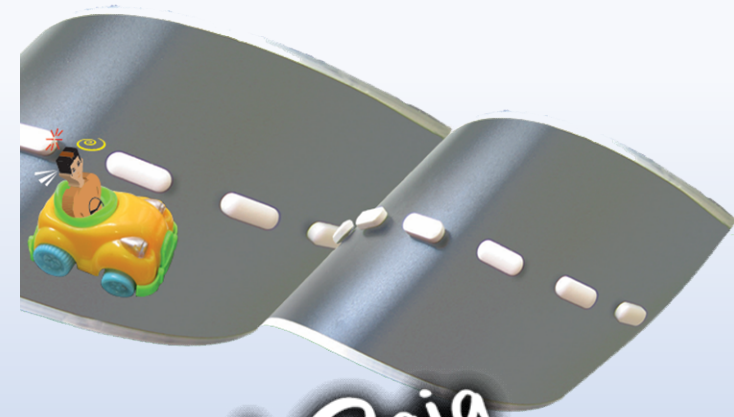
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Don't STOP Medicines?

- ✓ Side Effects?
- ✓ Know the Side Effects
 - Drowsiness, Weakness, Blurry
- ✓ **Don't Stop, Dose, Schedule Doc. Advice**
- ✓ Don't decrease DOSE
- ✗ **Or DONT Drive!**

- ✓ MUST Drive?
- ✓ Ask, Doctor may **replace with least effects**
- ✓ Especially if your are **PROFESSIONAL. Driver.**
- ✓ **Don't MIX with Alcohol**



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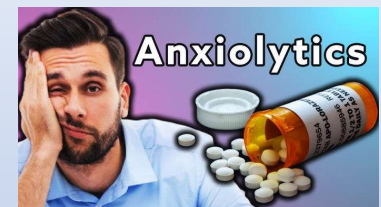


Medicines = Effects?

✓ Sleep disorders (**Hypnotics**) = drowsiness, decreased attention and decreased reaction capacity



✓ Anxiety (**anxiolytics**) = drowsiness, decreased attention and decreased reaction capacity



✓ Depression (**antidepressants**) = nervousness, anxiety, drowsiness, impaired coordination, **blurred vision**



✓ Flu and cold (**flu and anti-catarrhal**) = Sleepiness, Drowsiness



Anti-histamines

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Medicines = Effects?

✓ Pain (**painkillers**) = drowsiness, decreased ability to concentration and of reaction, **dizziness**



✓ Allergies (**anti-allergic**) = drowsiness, blurred vision (eye drops)



✓ Migraines (**antimigraine**) = drowsiness, dizziness, weakness



✓ Ocular conditions (**Myopia**) = blurred vision



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Medicines = Effects?

✓ **Psychosis (anti-psychotics)** = drowsiness, dizziness, agitation, tiredness

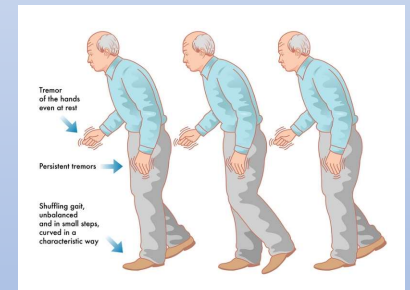


✓ **Epilepsy (antiepileptics)** = drowsiness, dizziness, blurred vision, fatigue, feeling of weakness



✓ **Parkinson's (antiparkinsonia)**, slowness of movement (bradykinesia), and balance problems.

= drowsiness, episodes sudden onset of sleepspasms, blurred vision, confusion



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Medicines = Effects?

✓ **Drugs used for diabetes = Hypoglycemia** –
blood sugar (glucose) levels



✓ **Antihistamines = drowsiness**,
reduced reaction time.

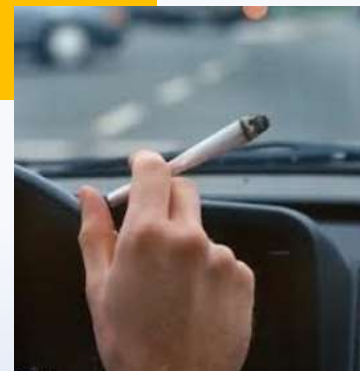


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Psychoactive drugs

Alter mood, Perception, Behavior, or Consciousness
 Drugs, narcotics or psychotropic substances
is defined as the crime in driving



- ✓ Tobacco, Caffeine, Theine
- ✓ **Coffee, Tea, Cigarette**
- ✗ **Alcohol, cannabis,**

🏛️ In summary		
Category	Examples	Driving Allowed?
Psychoactive (mild stimulants)	Coffee, tea, caffeine, nicotine	✓ Allowed
Psychoactive (impairing)	Alcohol, cannabis, opioids	✗ Forbidden

✓ Police Officer can only **perform TEST**
 If Driver is **reported**
Aggressive, Unsafe, Over speeding etc....





illness

✓ Some involve Driving Risk

MOST Dangerous

✓ Neurological disorders

✓ Mental illness

✓ Consult Doctor before driving

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Antihistamines – Anti Alergies, COLD

- ✓ drowsiness, reduced reaction time
- ✓ **Modern Antihistamines are Safer**
- ✓ **Windows closed**
- ✓ Use gentle air conditioning
- ✓ **Keep vents and the interior clean**
- ✓ **Do not mix with Alcohol**
- ✓ **Avoid self-medication**
- ✓ **Try not to make long journeys**
- ✓ **Wear sunglasses, Humid areas, Pollen**

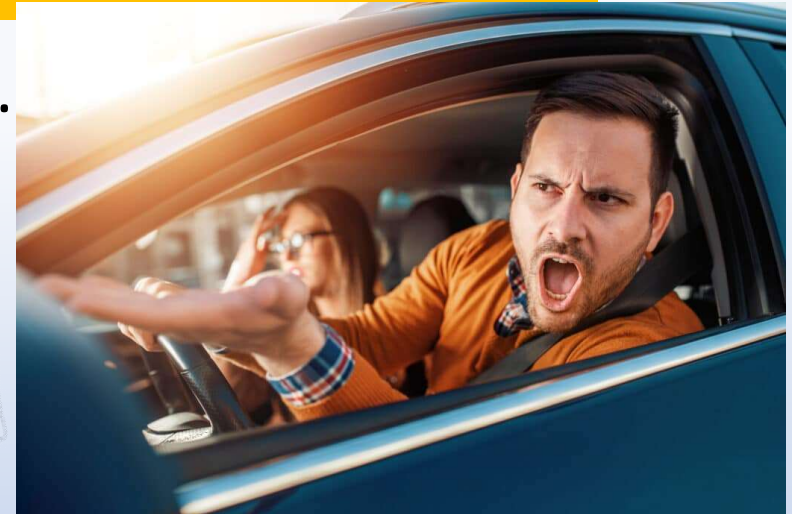


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Stress - Depression

- ✓ You **SHOULD NOT DRIVE** under **Stress**.
- ✓ It increases **aggressiveness**, **fatigue** and distractions
- ✓ Treatment for **Depression** is very **dangerous** when driving.
- ✓ It increases **insecurity, fatigue,** drowsiness, nervousness, anxiety, etc.
- ✓ **Consult a specialist**





LSD - Lysergic acid diethylamide

- ✓ You should not drive under **Stress**.
- ✓ **Long Lasting** effects - **10 to 12 hours** after consumption
- ✓ Wrong Anticipation of danger
- ✓ **Mis-judging**
- ✓ **Hallucinations** = Imaginary Scenes
- ✓ **Emotional disturbances**
- ✓ Aggressiveness, **Anxiety**
- ✓ **Flash Back**



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Drug Test

✓ **Positive**, Can be repeated?
Yes, Driver's Request/ Order of Judge

- **Mouth Swab Drug Tests**
- Blood Drug, Urine
- **Hair Follicle Drug Tests**

- Face Penalties, probation, or **possibly Prison if reckless drive depends...**



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Chronic illness

- ✓ **Diabetes, epilepsy, arthritis, heart disease**
- ✓ **Affects Vision, Reflexes, Alertness,**
- ✓ **Side Effect = Consult DOCTOR**
- Regular Medical Check-ups
- Adaptive devices/ **Hand Controls**
- **Legal obligations - EPILEPSY**
- **NOT at certain periods**
- Sudden symptoms – **DON'T Drive**

**Breaks,
RESTS,
Know how to Obtain HELP
Travel with Companion**





Cocaine consumption / Cannabis

- ✓ Cocaine is a **STIMULANT**
- ✓ People use to **power up Nervous System**
- ✓ **Euphoria**
- ✓ Heightened alertness, **Excitement**

When Effects Wear OFF

- Impaired Decision
- **Reduced Concentration**
- Aggressive and Risk-Taking Behaviors
- **Higher Accident Risk**

