

# Driving



If you have epilepsy, you may be able to hold a car driver licence or a learner permit as long as your seizures are well controlled.

[National driving guidelines-Waka Kotahi](#) has been developed to assist with the assessment of applications from people with epilepsy. The period during which you must be seizure-free before driving depends on your type of seizures and the circumstances surrounding any recent seizure you might have had.

People who have had a seizure are required by law to notify the NZ transport agency in their region and stop driving until a medical report is supplied. Most people can return safely to driving once their seizures have become controlled, but the length of time a person must wait varies depending on their seizure circumstances.

Some [anti-epileptic drugs \(ASMs\)](#) can cause drowsiness, sleepiness and slowed reaction times, especially when a medication is being introduced or a dose increased. You may have even seen a label placed on your medication pack alerting you to this risk.

So, if you do intend driving a vehicle or using heavy machinery always ask your doctor if it's safe to do so while taking your ASM. Considering driving issues is often an important part of your regular [medical appointments and reviews](#).

## More Information

NZTA-Driving and epilepsy find out more [here](#)

[Travel and Epilepsy Information sheet](#)



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