

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](#)