



Research shows your chances of having a crash if you're impaired by medication are much higher than previously thought.

The risk multiplies if you mix alcohol with medication or drugs that may impair driving. It can make you 23 times more likely to fatally crash than drivers who have taken none of these.

DRIVING WHILE IMPAIRED IS A PROBLEM IN NEW ZEALAND



INFORMATION FOR DRIVERS TAKING MEDICATION

Be a responsible driver when taking medication

- Always take medication according to the instructions.
- Don't stop taking medication because you want to be okay to drive.
- Check how you're feeling after you start a new medication. Talk to your health practitioner if you're concerned.
- Check whether you can drink alcohol when taking your medication.
- Ask your health practitioner how long the effects last. Some medication taken at night may affect you the next morning.
- Don't keep driving if you feel impaired. Call someone to pick you up or take a bus or taxi.
- Talk to your health practitioner about all medication or drugs you're taking - prescription, over-the-counter and recreational.

Not being able to drive doesn't have to disrupt your life. It's usually only temporary. Your health practitioner can help you find alternatives or could change your medication or dose so you're able to drive again.

see www.nzta.govt.nz/medication for more info



If you have further queries, visit www.nzta.govt.nz call our contact centre on 0800 699 000 or write to us:

NZ Transport Agency
Private Bag 6995
Wellington 6141



ARE YOU SAFE TO DRIVE?

It can be unsafe to drive when taking medication which impairs/affects your driving ability.

IT'S AGAINST THE LAW TO DRIVE WHEN YOU'RE IMPAIRED.





Responsible drivers care about the safety of themselves and others.

Impaired driving is when your body or emotions have been affected (usually temporarily) in a way that makes you an unsafe driver.

You need to make sure you're safe to drive before you get in the car.

Many prescribed medications (or those purchased over-the-counter) can impair your driving, as can many recreational drugs.

A car crash can happen very unexpectedly. If you're not fully alert you could be a danger to yourself, other drivers or your passengers.

Safe drivers take responsibility

It's important you talk honestly with your doctor, pharmacist or nurse about your medication (and anything else you're taking) so they can help you stay safe on the road.

THESE ARE THE PRESCRIPTION MEDICATIONS THAT MAY IMPAIR YOUR DRIVING.

(Health practitioner to tick)



- Strong painkillers
- Depression medication
- Heart medication
- Allergy medication
- Sleeping tablets
- Anti-psychotic medication
- Epilepsy medication
- Addiction treatment
- Nausea medication
- Anxiety medication



1 IN 4
prescriptions are
for medication that
can impair driving



'SAFE TO DRIVE' conversation with your doctor, pharmacist or nurse.

(Health practitioner to tick)

- These medication/s **could** impair driving.
- These medication/s **could** impair driving when first taken or with a change of dose.

Before you drive, check for any of these symptoms:

- | | |
|---|---|
| <input type="radio"/> Feeling drowsy/sleepy | <input type="radio"/> Nausea, feeling sick |
| <input type="radio"/> Blurred vision | <input type="radio"/> Unable to focus or pay attention |
| <input type="radio"/> Headache | <input type="radio"/> Being easily confused |
| <input type="radio"/> Feeling weak | <input type="radio"/> Slurred speech |
| <input type="radio"/> Slowed reactions | <input type="radio"/> Having trouble forming a sentence |
| <input type="radio"/> Dizziness | <input type="radio"/> Feeling wired and overconfident |
- (although you may not notice yourself)*

To avoid driving while impaired:

- Avoid driving** altogether when taking these medications.
- Consider avoiding driving** at first when taking these medications.
- Do not drink alcohol** while taking these medications.