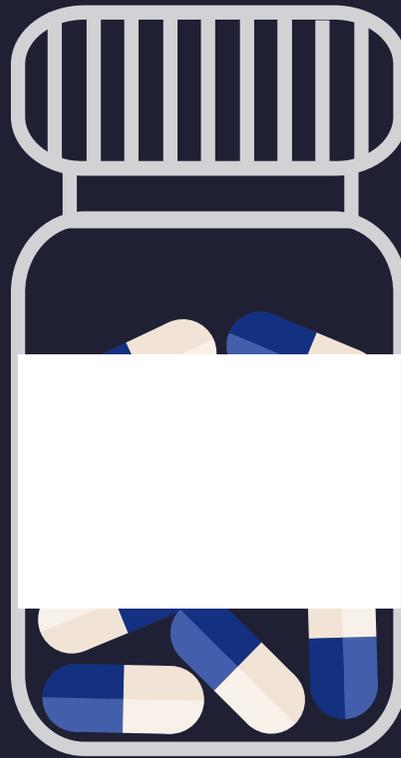


## Over the counter medication

While there are no specified legal limits for over the counter medication, it can affect your ability to drive safely. Some common over the counter medicines, such as hay fever tablets and cold relief, may cause side effects that could be dangerous for drivers, such as drowsiness and dizziness. If your driving is impaired after taking over the counter medication, you could face a drug driving or careless/dangerous driving charge.

As with prescription medications, you should always follow the advice on the packaging or consult a pharmacist when taking over the counter medication. Some will advise you not to drive at all, while others may have side effects that could make it dangerous to operate a vehicle. In the latter example, it's best to see how you react to the medication before you decide whether it's safe to drive.

Some over the counter medications can have more dangerous side effects when taken with alcohol or other medicines, which is why it's vital to follow the advice given. If it says don't drink alcohol, **don't**.



## Illegal drugs

It goes without saying that you should not drive with illegal drugs in your system. However, the government has published a list of specified limits for the following controlled substances such as :

- Cocaine
  - Cannabis
  - Ecstasy
- and other illegal substances.



Most people would never consider driving under the influence of drugs, but you might be surprised by the types of medication that can constitute a drug driving conviction.

Aside from illegal drugs, some prescription drugs and even over the counter medications can affect your ability to drive safely.

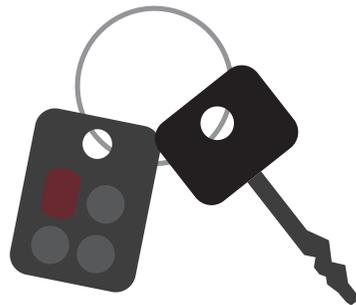
No matter whether you've taken an over the counter medicine, prescription medication, or illegal drug, you could be convicted of drug driving in one of two common situations:

- You drive or attempt to drive while **unfit** to do so because you've taken a substance (even legal medication)
- You drive or attempt to drive when you have certain **levels** of a substance in your blood (even legal medication)

## Drug driving penalties

The police have a right to pull you over and carry out a 'field impairment test' if they suspect you are driving under the influence of drugs. The assessment can include physical tests, such as asking you to walk in a straight line, as well as the use of a drug wipe to test for some illegal substances.

If the police believe you are unfit to drive, they can arrest you and take you to a police station for a blood or urine test. If you are convicted of drug driving you could face a criminal record, a minimum 12-month driving ban, an unlimited fine, and up to six months in prison. Your driving licence will also be endorsed with a drug driving conviction, which will last for 11 years.



## Prescription medication

It's illegal in England and Wales to drive with drugs in your body — even prescribed by your doctor — if they impair your driving.

You should always follow the advice of your doctor, pharmacist or the patient information leaflet when taking prescription medication. With some medications, it's advised that you don't drive or operate heavy machinery until you know how the drug affects you.

Even if your driving is not impaired, you should be aware of the legal limits for the below prescription medications:

- Clonazepam
- Diazepam
- Flunitrazepam
- Lorazepam
- Methadone
- Morphine
- Oxazepam
- Temazepam
- Amphetamine

Remember - always check with your G.P.

[www.lancsroadsafety.co.uk](http://www.lancsroadsafety.co.uk)