

Driving Restrictions – Cardiac

This information is based on the Austroads document **Assessing Fitness to Drive 2016**. Check for updates <https://www.austroads.com.au> as guidelines change.

After people have a heart (cardiac) event there are usually restrictions related to when people can resume driving and whether their licence status may be affected long-term, which includes issuing conditional licences. Any commercial licences will have stricter criteria, including a longer recommended non-driving period. For certain cardiac conditions a commercial licence is no longer valid.

The recommendations are to ensure people can resume driving without risk of an adverse event occurring as a consequence of their heart condition. These can include dizziness or black outs, palpitations, chest pain and/or breathlessness, which can affect a persons' concentration and ability to drive properly.

Ask your doctor or cardiac nurse about which non-driving period applies if you are unsure. Sometimes further tests may be required following some heart events or procedures, to ensure that you are safe to resume driving.

Cardiac Event/ Procedure	Minimum non-driving period Private Vehicles	Minimum non-driving period Commercial Vehicles
Acute Myocardial Infarction (AMI / Heart attack)	2 weeks	4 weeks
Angioplasty (Balloon and stent)	2 days	4 weeks
Cardiac Arrest	6 months (Less if within 48 hours of an AMI)	6 months
Coronary Artery Bypass Graft (CABG)	4 weeks	3 months
Valve Repair/ Replacement Including Transcatheter Aortic Valve Implantation (TAVI)	4 weeks	3 months
Heart / Lung Transplant	6 weeks	3 months
Permanent Pacemaker Insertion (PPM)	2 weeks	4 weeks
Cardiac Defibrillator Insertion	6 months (after cardiac arrest) 2 weeks (if prophylaxis)	N/A
Cardiac Defibrillator Shock (Associated with symptoms of haemodynamic compromise)	4 weeks	N/A
Syncope (Due to cardiovascular causes)	4 weeks	3 months
Aneurysm repair	4 weeks	3 months

Darwin

Shop 1-3 Tiwi Place,
Tiwi NT 0810
PO Box 40113,
Casuarina NT 0811
Phone: 08 8927 8488
Fax: 08 8927 8515

E: info@healthylivingnt.org.au

Alice Springs

Jock Nelson Centre,
7/16 Hartley Street,
Alice Springs NT 0870
Phone: 08 8952 8000
Fax: 08 8952 7000
E: alicesprings@healthylivingnt.org.au

www.healthylivingnt.org.au
ABN 11 374 693 055

Healthy Living NT
is the trading name of the
Diabetes Association
of the Northern Territory
Incorporated.

Healthy Living NT
is the registered NT
licence holder for
Life. Be in it.

