

# DOT EXAM REQUIREMENTS CHECKLIST

To help us complete your physical in a timely manner, please bring with you any of the following items that are applicable to your health history, **in addition, bring a list of all medications and their dosages that you are currently taking.** If you do not have the required information, we will not be able to certify you that day and you will need to bring back the information within a given time frame.

**REMINDER: DO NOT URINATE PRIOR TO COMING FOR THE DOT EXAM, AS A URINE TEST IS REQUIRED.**

<p><b>Vision Correction</b></p> <ul style="list-style-type: none"> <li>• Pair of glasses or contacts</li> <li>• If you are blind in one eye (monocular vision), you must bring a Federal Vision Exemption paper</li> </ul>	<p><b>Hearing Aids</b></p> <ul style="list-style-type: none"> <li>• Hearing aids</li> <li>• Current hearing test with hearing aids from your audiologist — bring to your exam</li> </ul>
<p><b>Heart, MI, Stents, Angioplasty/Angina</b></p> <ul style="list-style-type: none"> <li>• Cardiologist/Provider statement indicating you are capable of operating a commercial motor vehicle safely from a cardiac perspective</li> <li>• Copy of most recent echocardiogram</li> </ul>	<p><b>Stroke, Seizure, Traumatic Brain Injury, TIA</b></p> <ul style="list-style-type: none"> <li>• Neurologist/Provider statement indicating you are capable of operating a commercial motor vehicle safely from a neurologic perspective</li> </ul>
<p><b>Diabetes</b></p> <ul style="list-style-type: none"> <li>• Copy of HgA1c results, must be within the last six months</li> <li>• Provider statement documenting diabetes control and complications</li> <li>• All prescribed diabetes medication(s)</li> <li>• DOT Insulin paperwork Form MCSA-5870 filled out by the provider who manages your IDDM if applicable</li> </ul>	<p><b>Depression, Anxiety, Bipolar, PTSD, Panic Disorder</b></p> <ul style="list-style-type: none"> <li>• Provider note stating your medications are tolerated with no daytime sleepiness and indicating you are capable of operating a commercial motor vehicle safely*</li> </ul>
<p><b>Blood Pressure (borderline or difficult)</b></p> <ul style="list-style-type: none"> <li>• Physician note indicating you are being treated to control your blood pressure, with a reading of 140/90 or less</li> <li>• List of medications and dosages</li> </ul>	<p><b>Sleep Apnea, Sleep Disorders**</b></p> <ul style="list-style-type: none"> <li>• Copy of sleep study (if not on file at the medical examiner's office)</li> <li>• Copy of 90-day CPAP compliance report</li> </ul>
<p><b>Coumadin, Warfarin</b></p> <ul style="list-style-type: none"> <li>• Copy of most recent INR test results</li> </ul>	<p><b>Medications with Risk of Sedation</b></p> <ul style="list-style-type: none"> <li>• Provider note stating*:             <ul style="list-style-type: none"> <li>- List of medications and dosages</li> <li>- How long you have been on the medications</li> <li>- Tolerating the medications with no daytime sleepiness</li> <li>- Indicating that you are capable of operating a commercial motor vehicle safely while on the medications</li> </ul> </li> </ul>

\*There are instances where we are unable to issue a medical certificate pending the prescribed medication(s).

\*\*If you use a CPAP machine, we will need to see usage statistics for 30 days for initial certification and 90 days to one year for recertification. This can be obtained from the company that manages the CPAP machine. Compliance the last 90 days. This can be obtained from the company that manages the CPAP machine. Compliance means use of >4 hours/night, 70% of the time.

**PLEASE NOTE:** Most chronic health conditions, including high blood pressure, will only allow us to certify you for one year or less. We follow the criteria established in *The DOT Medical Examination, An Unofficial Guide to Commercial Drivers' Medical Certification*, Seventh Edition by Natalie Hartenbaum to determine if you meet the guidelines for DOT medical clearance and the length of time you may be certified. During the examination the provider may find medical conditions that will require further evaluation by a specialist prior to certification.

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