

## DOT Physical Checklist – What to bring with you



If you have any medical condition that could affect your DOT certification, please schedule a visit with your primary care physician and/or treating specialists **BEFORE** your DOT physical exam. Bring the medical records of that evaluation to your DOT exam. Please seek renewal of your certification 1-2 months prior to the expiration.

### If you wear contact lenses, glasses, or hearing aids

- ❖ Bring or wear them.
- ❖ Your vision and hearing will be tested.
- ❖ Your vision must be 20/40 to pass.

### If you are taking ANY medications, including over-the-counter

- ❖ Take your medications before your visit, as you normally would.
- ❖ Bring a complete list of all your medications, including the prescribing doctor. It may be easier to bring your bottles of medications or obtain a printout from your pharmacy.

### If you take the blood thinner Coumadin or Warfarin

- ❖ Bring your most recent INR (blood level) and clearance letter from your physician.

### If you have diabetes

- ❖ Avoid foods high in carbohydrates prior to your visit.
- ❖ Bring your blood sugar logs and the most recent results of your A1C. Your urine will be tested for glucose.

### If you have a seizure disorder, suffered from a stroke, brain tumor, or bleeding in the brain

- ❖ Bring a letter from your neurologist or neurosurgeon with your medical history, treatment, and current neurological and mental state.

### If you take medications for anxiety, adult ADHD, pain (narcotics), a sleeping pill, or other medications that cause sedation or sleepiness

- ❖ Bring a letter from your treating physician(s) and medical records regarding the safety of driving a DOT vehicle while using these medications.

### If you have permanent loss of the use of an arm or leg

- ❖ Bring an overview from your physician that out-lines any work restrictions you may have
- ❖ You may also need further performance evaluations to qualify.

### If you have a history of heart related issues: stents, pacemakers, open heart surgery, valve replacement, cardiac bypass surgery, or a history of a heart attack

- ❖ Bring a letter from your cardiologist or heart specialist that summarizes your history and states that you are safe to drive a DOT vehicle. It must be from a recent exam by the cardiologist.
- ❖ Bring results of recent stress test (within 2 years), echocardiogram, or other applicable testing.
- ❖ For a pacemaker, bring documentation of your most recent pacemaker check (within 12 months).

### If you have high blood pressure

- ❖ Your blood pressure must be below 140/90.
- ❖ Avoid caffeine and nicotine several hours before your exam, take your medication, and get plenty of rest the night before.

### If you have sleep apnea or use a CPAP machine

- ❖ Bring a letter from the specialist that treats your sleep apnea, advising the status of your condition.
- ❖ Bring your usage statistics from your CPAP machine for the previous month (your machine company can assist with that).

### If you use oxygen

- ❖ Bring a letter from the pulmonologist or prescribing physician stating that you are

able to operate a commercial vehicle while using oxygen.