

# What to Bring to a DOT Physical Exam

## All drivers

- Bring a complete list of ALL of your medications, including the doses and your doctors' names and addresses.
- You may want to complete page one of the exam (driver's portion) to save time at the clinic.

## Drivers who require eyeglasses, contact lenses, or hearing aids

- Bring your glasses, contacts, or hearing aids.
- You will be required to pass a vision and hearing test.

## Drivers who have high blood pressure

- Your blood pressure MUST be below 140/90 on the day of your exam or you may not qualify for a DOT card.

## Drivers who have diabetes

- Your blood sugar should be controlled.
- Bring the most recent results of a lab called a Hemoglobin A1C (HgA1C) and your blood sugar logs or other records related to your diabetes.

## Drivers who have nighttime sleep disturbance (sleep apnea) and use a CPAP machine

- Bring a reading from your machine documenting your proper use of the machine; a letter from your sleep specialist may also be required.
- Bring at least 90 days of data, but data from the past year is best.

## Drivers who have heart-related issues (including the use of stent, valve replacement, pacemaker, open-heart surgery, cardiac bypass surgery, or heart attack)

- At minimum, bring a letter from your cardiologist (heart specialist) that outlines your medical history and current medications and indicates you are safe to drive a DOT vehicle.
- You may also need to bring the results of a recent stress test, ECHO cardiogram, or other testing completed within the past 1-2 years.

## Drivers who have suffered a stroke, a brain tumor, seizure disorder, or bleeding in the brain

- Bring a letter from your neurologist (brain and nerve specialist) that outlines your medical history, current medications, and current neurologic and psychiatric state.

## Drivers who have experienced the permanent loss of use in an arm or a leg

- Bring an overview from your physician of the injury and if you have any work restrictions due to the injury.
- You may need a Skilled Performance Examination in order to qualify for your DOT card.

## Drivers who are taking any medications that may cause sedation or sleepiness or controlled substances (includes narcotics, sleeping pills, anxiety medication, ADHD medication)

- You will most likely need a note and medical records from your treating physician regarding the safety of driving a DOT vehicle while using these medications.

## Drivers who are taking the blood thinner Coumadin (Warfarin)

- Bring a recent INR (blood level and clearance) letter from your doctor.

*If you are uncertain if you will qualify for a DOT card, you may want to schedule a visit with your primary or specialty physician BEFORE your re-certification date. Each physical examination, just like each DOT applicant, is unique.*

*The above are guidelines only, and not meant to be all inclusive or as a guarantee of passing the exam. Additional testing or/information may be required by your DOT examiner.*