

# What to Bring to a DOT Physical Exam

## All drivers

- Bring a complete list of ALL 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. You can find this form, Medical Examination Report Form, under FORMS on our website <https://www.mhssystem.org/mohp>

## 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 test called a Hemoglobin A1C (HgA1C) done within the last 6 months and any other records related to your diabetes.
- Bring results from annual eye exam.
- If you are on insulin, please bring the completed Insulin-Treated Diabetes Mellitus Assessment form from your treating physician. You can find this blank form, under FORMS on our website to take to your doctor <https://www.mhssystem.org/mohp>

## 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 data from the past year (12 months)

## 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 permanent loss of use in an arm or a leg

- Bring documentation from your physician regarding the injury and if you have any work restrictions due to the injury.
- You may need a Skilled Performance Examination to qualify for your DOT card. See the link below for more information: <https://www.fmcsa.dot.gov/medical/driver-medical-requirements/skill-performance-evaluation-certificate-program>

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

- You will need a note and medical records from your treating physician regarding the safety of driving a DOT vehicle while using these medications. See the link below for a form to take to your treating physician: <https://www.fmcsa.dot.gov/regulations/medical/39141-cmv-driver-medication-form-mcsa-5895-optional>

## 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 specialist physician BEFORE your re-certification date. Each physical exam, 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 and/or information may be required by your DOT examiner.*