

## Tips for the D.O.T. physical

Prior to taking your DOT physical exam, please review the following points concerning medical conditions. Some conditions and medications will require additional documentation before we can complete your exam and issue you your medical examiner's certificate.

- **There will be a urinalysis as part of your physical. Please come with a full bladder so you do not have any delays getting your health card.**
- **Medications:** Bring your complete list of medication(s) including the dosages, time taken, prescribing physician's name and clinic.
- **Medications with psych./behavioral implications:** We will need a letter/record stating clearance to drive commercially from your treating physician for medications that may cause sedation or sleepiness or is classified as controlled substance. This includes certain anxiety medications, sleeping pills, and narcotics.
- **Diabetes:** Bring a copy of the most recent record from your treating provider and most recent Hemoglobin A1c. If INSULIN treated, blood sugar logs are required.
  - **Insulin-Treated Diabetes Mellitus Assessment Form TO BE COMPLETED PRIOR TO APPOINTMENT IF POSSIBLE**
- **Obstructive Sleep Apnea:** Bring a printout summary sheet of CPAP or BiPAP usage over the last 12 months. Devices should have a smartcard or modem download capacity which can be printed out. If you have a sleep study and it was determined you don't require intervention, please bring the sleep study results to the exam.
- **Cardiovascular:** Drivers who have a cardiovascular condition that may include stents(PCI), Bypass(CABG), angioplasty, valve replacements, pacemaker, open heart surgery, heart attack, or atrial fibrillation. We need a copy of your most recent evaluation from your cardiologist that includes clearance to drive commercially. Drivers with stents or bypass may need an updated stress test or exercise tolerance test in which we need the results. A recent cardiac event may require additional diagnostic test results such as echocardiogram.
- **Neurologic:** Drivers who have suffered a stroke/ mini stroke, traumatic brain injury, seizure disorder, or bleeding in the brain, please bring records/letter from your neurologist that outlines your diagnosis, current medications, current neurologic psychiatric state and clearance to drive commercially.
- **High blood pressure:** your BP must be <140/90 at your exam. If you bring a medical note showing in that range within the 30 days of your exam, we will accept that.
- **If you have any questions about your medical condition and required documentation, please contact our office before your appointment. 651-423-2900**