



Planning for DOT Physical

BEFORE YOUR APPOINTMENT

It is best to schedule your DOT exam *at least* one to two weeks before DOT license expiration date.

Obtain necessary documentation from Primary Care physician and/or Specialist:

- Laboratory and/or test reports (e.g., Hemoglobin A1C, INR, Treadmill results, etc.)
- Condition-specific documentation: Listed on the reverse page.

WHAT TO BRING TO THE EXAM:

- Driver's License
- Glasses
- Hearing aids
- Complete list of all prescription and over-the-counter medications
- Name of medication, dosage, and frequency
- Name and phone number of health care providers
- Tip: Take a photo of the medication list with your cell phone to avoid lost or forgotten information.

WHAT TO EXPECT DAY OF EXAM:

- Complete CDL/DOT Medical Examination Report form upon arrival in clinic.
- Urine test (hydrate before exam)
- Blood pressure reading
- Vision
- Hearing
- Physical exam
- Documentation review

DOT PHYSICAL EXAM: COMMON HEALTH CONDITIONS

HYPERTENSION (HIGH BLOOD PRESSURE):

- DOT's acceptable standard for blood pressure is 140/90 or less. Blood pressure greater than 140/90 may qualify for a conditional shortened certification.
- A driver with blood pressure greater than 180/110 cannot be certified for blood pressure until BP is 140/90 or below.
- To assist with acceptable blood pressure readings: take medication on schedule, and reduce nicotine, coffee, sodas, energy drinks, salty and fatty food consumption at least one week before the exam.

DIABETES:

- ALL drivers with a diagnosis of diabetes (diet controlled, oral medication, or insulin) *must* bring a recent HbA1C result (preferably within the previous 3 months).
- HbA1c greater than 10.0 is *disqualifying*.
- **Insulin-dependent drivers:** Insulin waiver is no longer required by the FMCSA.
- Insulin-dependent diabetics (IDDM) must have an *Insulin Treated Assessment Form* (Form MCSA-5870) completed by the treating physician **before the exam**.
- Form MCSA-5870 is available on the Federal Motor Carrier Safety Administration (FMCSA) website: fmcsa.dot.gov

CARDIAC EVENTS:

- Drivers with a history of myocardial infarction (heart attack, MI), stent placement or other cardiac issues should have an exercise tolerance test (ETT) every two years.
- Drivers with a history of Coronary Artery Bypass Graft (CABG) should have ETT every 5 years.
- It is preferred that a driver presents a letter from the treating physician stating the driver can safely operate a commercial motor vehicle.
- Drivers with a recent history of MI or CABG are disqualified for 2-3 months after the date of the cardiac event.

OBSTRUCTIVE SLEEP APNEA (OSA):

- Bring a 6–12 month compliance report from the CPAP machine. Data from cell phone app is acceptable.

VISION/HEARING:

- Visual acuity must be 20/40 in EACH eye and both eyes together, with or without correction.
- Hearing loss of no more than 40 db in the better ear, with or without hearing aids.

MEDICATIONS:

- Anti-depressants, anti-anxiety, sleep aids, barbiturates, ADHD medications and/or controlled substances *may* require a safety-sensitive letter from the prescribing physician. The letter should address the ability of the driver to safely operate a CMV with prescribed medication.
- Disqualifying medications: Methadone, medical marijuana.

Please note: At the discretion of the Certified Medical Examiner, some health conditions may require additional follow-up with the driver's physician.

For detailed DOT regulation/guidelines: *Hartenbaum, Natalie MD (2020) The DOT Medical Examination. OEM Press.*