

Requirements have changed and additional documentation is required for your medical examiner to complete your Department of Transportation (DOT) physical. To help us complete your DOT physical in a timely manner, please bring with you to your visit any of the requested information that apply to you. Bring all medications with you. Having your test results and letters from your treating physician(s) will help us certify you more easily. If you do not have the required information, we will not be able to certify you and you will need to come back with this information. Most chronic health conditions including high blood pressure will only allow us to certify you for a maximum of one year. If you have a history of high blood pressure, take blood pressure medication, or have a blood pressure 140/90 or higher at the time of your visit, you may only be eligible for the one year maximum.

We follow the DOT guidelines in the Medical Examiner's handbook to determine if you meet guidelines for DOT medical clearance and the length of time you may be certified. It is your responsibility to report to your employer and your examiner if a serious illness, injury, or surgery occurs during the time you are certified. For those instances, you should have medical clearance before returning to work.

- If you require correction to your vision, whether or not you routinely wear contacts, you must bring a pair of glasses with you to the exam.
- If you wear hearing aids, please bring them and extra batteries.
- If you have had a Heart Attack, MI, Stents, angioplasty (ballooning), or Angina, you will require a cardiology consult before your DOT exam. Please call our office for assistance with this Consult if you do not have a regular Cardiologist that you see. You will need to bring a copy of your most recent EKG and your last exercise stress test results.
- If you have had a Stroke, Seizure, Traumatic brain injury, or TIA you will require a Neurology consult before your DOT exam. Please call our office for assistance with this Consult if you do not have a regular Neurologist that you see.
- If you have Diabetes you are required to bring a letter from your treating doctor before your DOT Exam; with specific areas addressed to include a one-month log of fasting blood sugars and a HgA1c result from within the past six months. Please call our office for assistance with this Consult. Bring in all diabetes medications and fasting blood sugar log over the last month.
- If you have adult ADHD or ADD and are taking medication for this, we will need a letter from your treating primary care physician (PCP) or mental health provider with specific information concerning the stability of your condition and the medications you are taking for it. Before your DOT exam, please call our office for assistance with this consult.
- If you are currently taking medication for Depression or other mental illness, we need a letter from your treating PCP or mental health provider with specific information concerning the stability of your condition and the medications you are taking for it, before your DOT exam. Please call our office for assistance with this Consult.
- If you have Sleep Apnea or Sleep Disorder, we need a letter from your sleep specialist or PCP indicating stability and at least annual follow up of your sleep apnea. If you use a CPAP machine, we will need to see usage statistics for the last month. Your company that manages the CPAP machine can do this for you. You need to bring this information with you at the time of your DOT exam.
- If you are on medications, bring them with you to your visit. If you are on medications that require level monitoring, like Coumadin or Warfarin, bring a copy of your most recent lab test results.
- If you have a pacemaker, you will need to bring documentation of an annual pacemaker check by your cardiologist.

Please note, this list covers only the most common health conditions. If you have other health problems or recent surgery, you may need to provide additional information. You may call us prior to your visit to see what documentation you will need to have completed prior to your visit. Failure to provide necessary documentation may mean we are not able to certify you for driving at the time you are seen, and you may be asked to return at a later date which would delay your certification. If you fail to pass your exam due to a disqualifying medical condition, you will still be responsible for paying for your DOT physical.

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