

# 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 office.

## 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 your DOT card

## Drivers with Diabetes

- Your blood sugar should be controlled
- Bring the most recent results of a lab test called a Hemoglobin A1C 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 (including narcotics, sleeping pills, anxiety medications, ADHD medications)

- 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 you may want to reschedule 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.***