Planning for the DOT Physical

Before Your Appointment

- DO NOT wait until the day your DOT certificate expires to get your DOT exam!
- Schedule your appointment by calling:
  - Elkhart: (574) 389-1231
  - Elkhart NW: (574) 333-2986
  - Goshen: (574) 534-1231
  - Middlebury: (574) 358-0042
  - South Bend: (574) 647-1675
  - Mishawaka: (574) 318-4291
- Get the necessary documentation from your Primary Care doctor and/or Specialists together
  - Clearance letters or last office visit note as needed from the provider managing your medical condition, documentation of stability of condition and effectiveness of treatment (e.g. diabetes, cardiologist, sleep apnea)
  - Laboratory and Test Reports (e.g. Coumadin/warfarin: INRs; diabetes: hemoglobin A1C)
  - Condition-Specific Documentation (see page 2)
- Create a list of medications
  - Include all prescription and over-the-counter medications
  - List the name of medication, dose, how often, reason for taking, and the prescriber
- Create a list of your providers
  - Include names and phone numbers of all doctors
  - This will help in case you need to call to have them fax any missing information

On the Day of Your Exam

What to expect:

- Urine Test  Hearing Test  Documentation Review  Vision Test  Physical Exam

Remember to bring:

- Driver’s License
- Hearing Aids and/or Glasses
- Documentation

Drink plenty of water

- You will need to provide a urine sample at the office
DOT Physical Exam: Common Health Conditions

**High Blood Pressure**
Blood pressure needs to be less than 140/90. If your BP is 140/90 or greater you will only qualify for a conditional certification (no greater than 1 year). If your BP is 180/110 or greater you cannot be certified until your BP is brought below 140/90.

- Bring a list of your blood pressure medications
- Take your medicine on schedule. If you forget, most docs recommend taking ASAP
- Cut back on nicotine, coffee, sodas, energy drinks, salty and greasy foods, etc. (at least 1 week prior)

**Cardiac Events**
If you have ever had a Heart Attack, Stent/Angioplasty, Open Heart Surgery, etc. you will need to supply documentation to show you are now safe to drive a CMV. A Stress Test (i.e., treadmill, stress echo) is required every one to two years.

- Bring a copy of your last Stress Test
- Bring a Cardiologist Statement that indicates that you are safe to drive a CMV or most recent office visit note from your Cardiologist or provider managing your cardiac condition

**Diabetes**
Your blood glucose should be under 120 and/or your Hgb A1C should be 10% or less.

- Bring your Hgb A1C results (completed within the last 3 months) and any other labs
- Bring a written statement from provider documenting adequate blood sugar control without hypoglycemia or most recent office visit note from your treating provider

**Obstructive Sleep Apnea (OSA)**
To pass, you must attest to no daytime sleepiness, episodes of apnea, or falling asleep at the wheel, and you must show evidence of compliance with treatment.

- Bring documentation of annual assessment from your sleep doctor/specialist
- Bring the compliance report from your CPAP machine (at least one month 70% compliance >4hrs)

**Vision**
Your visual acuity must be 20/40 in each eye and in both eyes together, with or without glasses or contacts.

- Bring your glasses and/or contacts (if needed)

**Hearing**
You may have hearing loss of no more than 40 dB (500-2000Hz) in your better ear, with or without hearing aids.

- Bring your hearing aids (if needed) with fresh/extra batteries

**Mental health (mood stabilizers)**
Most recent office note from person treating your mental condition. The note should state if your condition, treatment and medications are safe with commercial driving duties.

**Medications**

- **Automatic disqualifiers:** Methadone, medical marijuana.
- **Coumadin** (warfarin)
  - Include: Name & phone number of Coumadin clinic; Results of last 3 months INRs
  - May be disqualifying depending on reason for use
- **Narcotics**
  - May be disqualifying
  - Must have letter from prescribing physician that states you are safe to operate a CMV
# Medical Information

## Physician Information

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## Medication

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