

DOT Physical Checklist – What to bring with you

If you have any medical condition that could affect your DOT certification, please schedule a visit with your primary care physician and/or treating specialists BEFORE your DOT physical exam. Bring the medical records of that evaluation to your DOT exam.

If you wear contact lenses, glasses or hearing aids

- ❖ Bring or wear
- ❖ Your vision and hearing will be tested

If you are taking ANY medications

- ❖ Take your medications before your visit, as you normally would
- ❖ Bring a complete list of all your medications including the prescribing doctor. It may be easier to bring all your bottles of prescribed medications. Includes over the counter medications

If you take the blood thinner Coumadin or Warfarin

- ❖ Bring most recent INR (blood level) and clearance letter from your physician

If you have diabetes

- ❖ Bring your blood sugar logs and the most recent results of your hemoglobin A1C (HgbA1C). Your urine will be tested for glucose.

If you have a seizure disorder suffered a stroke, brain tumor or bleeding in the brain

- ❖ Bring a letter from your neurologist or neurosurgeon with your medical history, treatment and current neurological and mental state

If you take medications for anxiety, adult ADHD, pain (narcotics) or a sleeping pill or medications that causes sedation or sleepiness

- ❖ Bring a letter from your treating physician(s) and medical records regarding the safety of driving a DOT vehicle while using these medications

If you have a permanent loss of the use of an arm or leg

- ❖ Bring an overview from your physician that outlines any work restrictions you may have
- ❖ You may also need further performance evaluation to qualify

If you have or have a history of heart related issues -stents, pacemakers, open heart surgery, valve replacement, cardiac bypass surgery, history of heart attack

- ❖ Bring a letter from your cardiologist or heart specialist that summarizes your history and states that you are safe to drive a DOT vehicle. Must be from recent examination by the cardiologist
- ❖ Bring results of recent stress tests (within 2 years), echocardiogram or other applicable testing
- ❖ For pacemaker, bring documentation of your most recent pacemaker check (within past 12 months)

If you have high blood pressure

- ❖ Your blood pressure must be below 140/90.
- ❖ Avoid caffeine and nicotine several hours before your exam, take your medication and get plenty of rest the night before.

If you have sleep apnea or use a CPAP machine

- ❖ Bring a letter from the specialist that treats your sleep apnea, advising the status of your condition
- ❖ Bring your usage statistics from your CPAP machine for the previous month (machine company can assist with this)

Chipola Quick Care has medical providers that have successfully completed the required training course and certification exam and are listed on the National Registry of Certified Medical Examiners (<https://nationalregistry.fmcsa.dot.gov/>). Please call our office, 850-526-6700 with any questions and we will be glad to assist you.