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## HELPFUL TIPS TO PASS YOUR DOT PHYSICAL

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### **ALL DRIVERS NEED TO BRING THE FOLLOWING ITEMS WITH YOU THE DAY OF YOUR PHYSICAL:**

- ❖ A current state issued ID
- ❖ Glasses, contacts, hearing aids
- ❖ List of current medications, doses, and prescribing doctor

### **DRIVERS WHO HAVE HIGH BLOOD PRESSURE:**

- ❖ On the day of your exam, your blood pressure **MUST** be below 140/90 or you may not qualify for a DOT card.
- ❖ On the day of your DOT exam, please avoid drinking caffeinated beverages and smoking as these will elevate your blood pressure.
- ❖ Make sure you take your medications as prescribed.

### **DRIVERS WHO HAVE DIABETES:**

- ❖ Bring your Hemoglobin A1C lab test that was done within the past 90 days
- ❖ Bring 90 days of your blood sugar logs.
- ❖ Your blood sugar should be well controlled.
- ❖ If you are an insulin dependent diabetic, your doctor will need to complete the **INSULIN-TREATED DIABETES MELLITUS ASSESSMENT FORM** within 45 days of your DOT exam.
- ❖ Bring a letter from your physician stating you are safe to drive a DOT vehicle.

### **DRIVERS WHO HAVE SLEEP APNEA AND USE A CPAP MACHINE:**

- ❖ Bring a printout from your machine from the past year that shows you have been compliant with wearing your CPAP.
- ❖ Bring a letter from your sleep specialist stating you are safe to drive a DOT vehicle.

### **DRIVERS WHO HAVE A CARDIAC HISTORY (A.FIB, HEART ATTACK, PACEMAKER, STENTS, ETC.)**

- ❖ Bring a copy of recent stress test, ECHO Cardiogram, and any other test results related to your condition.
- ❖ Bring a letter from your Cardiologist that lists your diagnoses, current medications, and statement that your condition is stable, and you are safe to drive a DOT vehicle.

### **DRIVERS WHO HAVE A HISTORY OF STROKE, SEIZURE, BRAIN TUMOR, ETC:**

- ❖ Bring a letter from your Neurologist that lists your diagnoses, current medications, and statement that your condition is stable, and you are safe to drive a DOT vehicle.

### **DRIVERS WHO HAVE SUFFERED THE LOSS OF AN ARM OR LEG:**

- ❖ Bring your Skilled Performance Evaluation to qualify for your DOT card.
- ❖ Bring a letter from your physician that outlines the extent of your injury and any work restrictions due to injury.

**DRIVERS WHO ARE TAKING MEDICATIONS THAT CAUSE SEDATION, SLEEPINESS, OR CONTROLLED SUBSTANCES:**

- ❖ Bring a letter from your treating physician with a list of diagnoses with current medications with dosages.
- ❖ Will also need a letter stating you are stable on those medications and safe to drive a DOT vehicle.

**DRIVERS WHO ARE TAKING COUMADIN (WARFARIN):**

- ❖ Bring a recent INR level and letter from your physician that you are stable on your current therapy and are safe to drive a DOT vehicle.

The above information are only guidelines to assist you on the day of your DOT physical. They are not all inclusive nor are they a guarantee that you will pass the exam. Additional information or testing may be required by the DOT examiner.