

## WHAT TO EXPECT THE DAY OF YOUR DOT PHYSICAL:

- ❖ You will be required to pass a **vision and hearing test**. Your vision **MUST** be 20/40 in both eyes.
- ❖ You will have your **vital signs** taken. Your blood pressure must be below 140/90 or you may not qualify for a DOT card.
- ❖ Your **height, weight, neck circumference and body mass index** will be measured. These measurements are important to determine if you are at risk for sleep apnea.
- ❖ Your **urine** will be checked for the presence of blood, protein, sugar, etc. The presence of sugar in your urine can indicate that you may have diabetes. If you are a known diabetic and sugar is present, this may indicate your diabetes is not well controlled.
- ❖ Your **past medical and surgical history** will be reviewed.

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.

If you have any questions prior to arriving for your physical, please call the clinic at 636-220-1470 to discuss with one of our staff members.