



DOCUMENTS TO BRING IN FOR YOUR UPCOMING DOT PHYSICAL

All Drivers

- Bring a complete list of ALL your medications, including the doses and your doctors' names and addresses.

Drivers who require eyeglasses, contact lenses, on 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 a DOT card

Drivers who have diabetes

- Your blood sugar should be controlled
- Bring the most recent results of your Hemoglobin A1C (HgA1C) and your blood sugar logs or other records related to your diabetes.

Drivers who have 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

- Bring a letter from your cardiologist that outlines your medical history and current medications and indicates you are safe to drive a DOT vehicle
- Bring the results of your recent stress test, ECHO 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 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

Drivers who are taking any medications that may cause sedation or sleepiness or controlled substances (includes narcotics, sleeping pills, anxiety medication, ADHD medication)

- Bring in 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

Drivers who have had surgery since your last DOT exam

- Bring documentation from your doctor regarding the procedure and your function. Some conditions require a waiting period before a DOT card can be issued