

What to Bring to Your DOT Physical

The guidelines listed below are here to make suggestions and are not meant to be all inclusive or a guarantee of passing the exam. Additional testing and/or information may be necessary and required by your DOT medical examiner.

All drivers:

- A list of all of your medications, including the dose, prescribing doctors' name and what they are taken for.
- We recommend that you complete the first two pages of your DOT physical form to save time before you arrive to The Center for Urgent Care.

If you wear eyeglasses, contact lenses or hearing aids:

- Since you will be required to pass a vision and hearing test, please bring your eyeglasses, contact lenses or hearing aids with you so you can be tested properly.

If you have high blood pressure:

- Please bring a list of your blood pressure medications
- Your blood pressure has to be below 140/90 on the day of your exam in order to qualify or else further workup may need to be done.

If you have heart-related issues (stents, valve replacements, pacemakers, history of open heart surgery, CABG or heart attack):

- You must bring a letter from your Cardiologist (your heart doctor) that explains your medical history, current medications you are taking, most recent lab results and a letter stating that it is safe for you to be operating a DOT vehicle.
- If applicable: please bring the results of your recent stress test, ECHOCARDIOGRAM, or other testing completed within the past 1-2 years.

If you have had a stroke, brain tumor, seizure disorder or brain bleed:

- You must bring a letter from your Neurologist (brain/nerve doctor) that explains your medical history, current medications you are taking and a letter stating that it is safe for you to be operating a DOT vehicle.

If you have diabetes:

- Please bring the most recent lab result of your Hemoglobin A1C, which is the test to monitor your diabetes. This test evaluates how controlled your sugar is in your blood over the past 2-3 months and is essential for DOT certification.

If you are taking a blood thinner called Coumadin/Warfarin:

- You must bring your most recent INR lab test and a clearance letter from your doctor who manages the medication for you.

If you have permanent loss of use in either your arms or legs:

- You must bring a letter from your physician outlining your injury, any work restrictions and your ability to use the extremity.
- It may be required (based on of your exam) that you may need a Skilled Performance Examination in order to qualify for your DOT card.

If you take any of the following medications:

- Medication that causes (or may have side effects) including the following:
 - Any sort of narcotic or controlled substance
 - ADHD medication
 - Anxiety medication
 - Sleeping medication
- You must bring a letter from your prescribing physician outlining your medical history and medical records stating that you are safe to operate a DOT vehicle while taking these medications.

If you have questions or are uncertain if you will qualify for a DOT card, it may be beneficial to schedule an appointment with your primary care doctor or specialist before your DOT physical date. Each physical exam, just like each DOT applicant, is unique and varies based on of the individual.