

Occupational Health – DOT Physicals

DOT Physical Check List

Please bring the following to your appointment:

- Driver's license
- Drink water for the Specimen test (test for sugar)
- Current list of all medications
- Eyeglasses if needed for distance
- Hearing aids if needed with extra power source
- Your current card if you have one

In addition, please also bring the following if applicable:

- Diabetes – A letter from your treating provider that documents the last A1C and a copy of your yearly diabetic eye exam.
- If you have had a heart attack, coronary artery stents, heart disease, chest pain or any heart surgery, a cardiology consult will be required BEFORE your DOT exam. At your DOT exam, you will need to bring a copy of your most recent cardiac stress test results (must be within 2 years), echocardiogram results (if applicable), and a clearance letter from your cardiologist.
- If you have a pacemaker, you must bring documentation of your most recent annual pacemaker check (this must be within the past 12 months).
- If you have had a stroke, seizure, head injury, a mini stroke, intracranial bleed, brain infection, dizziness or passing out spells (syncope) you will require a neurology consult BEFORE you DOT exam.
- If you are being treated for adult depression, any psychiatric disorder, or Attention Deficit/Hyperactivity Disorder (ADHD), you are required to provide documentation from your primary care provider or mental health provider about your diagnosis, treatment plan including medicine for clearance to drive a commercial vehicle.

If you have sleep apnea, you will be required to bring the past 30-day usage for your CPAP Machine, for an oral appliance a letter from your provider on compliance or documentation for COPD, Emphysema BEFORE your DOT exam.

- If you take blood thinners, such as Warfarin (Coumadin), you must provide documentation of monthly INR results. You must have a therapeutic INR within a month of your certification.

If you take BP medication make sure you take it on the day of your appointment.

Refrain from smoking, eating salty foods, drinking sugary drinks or any caffeinated drinks like coffee before your examination for best results.

**** Please note your DOT exam results will be delayed if you are not prepared with the above items****