

DOT Physical Checklist – What to bring with you

If you have any medical condition that could affect your DOT certification, please schedule a visit with your primary care physician and/or treating specialists **BEFORE** your DOT physical exam. Bring the medical records of that evaluation to your DOT exam.

If you wear contact lenses, glasses or hearing aids

- Bring or wear
- Your vision and hearing will be tested

If you are taking ANY medications

- Take your medications before your visit, as you normally would
- Bring a complete list of all your medications including the prescribing doctor. It may be easier to bring all your bottles of prescribed medications. Includes over the counter medications

You will be doing a urinalysis when you first arrive to the office, so make sure not to use the restroom prior to doing this test

If you have diabetes

- Bring your blood sugar logs and the most recent results of your hemoglobin A1C (HgbA1C). Your urine will be tested for glucose
- If you use insulin for your diabetes, you must have MCSA-5870 form completed by your prescribing doctor prior to your exam.

If you have a seizure disorder suffered a stroke, brain tumor or bleeding in the brain

- Bring a letter from your neurologist or neurosurgeon with your medical history, treatment and current neurological and mental state

If you have had a surgery within the past 6 months, bring a letter from your surgeon stating that you have been given clearance to return to driving

If you have a permanent loss of the use of an arm or leg

- You may also need further performance evaluation to qualify

If you have or have a history of heart related issues- stents, pacemakers, open heart surgery, valve replacement, cardiac bypass surgery, history of heart attack

- Bring in a letter from your cardiologist or heart specialist that summarizes your history and states that you are safe to drive a DOT vehicle. Must be from recent examination by cardiologist.
- Bring results of recent stress tests (within 2 years), echocardiogram or other applicable testing
- If you have a pacemaker you can be certified to drive, bring documentation of your most recent pacemaker check (within past 12 months). However, if you also have a defibrillator you cannot be certified to drive.

If you have high blood pressure

- Your blood pressure must be below 140/90
- Avoid caffeine and nicotine several hours before your exam, take your medication and get plenty of rest the night before

If you have sleep apnea or use a CPAP machine

- Bring a letter from the specialist that treats your sleep apnea, advising the status of your condition
- Bring your usage statistics from your CPAP machine for the previous month (machine company can assist with this)

Dr. McClellan is a medical provider that has successfully completed the required training course and certification exam and is listed on the National Registry of Certified Medical Examiners (<https://nationalregistry.fmcsa.dot.gov/>). Please call our office, 850-674-2555 with any questions and we will be glad to assist you.