

What to Bring to a DOT Physical Exam

All drivers

- Bring a complete list of ALL of your medications, including the doses and your doctors' names and addresses
- You may want to complete page one of the exam (driver's portion) to save time at the office

Drivers who require eyeglasses, contact lenses, or hearing aids

- You may want to complete page one of the exam (driver's portion) to save time at the center

Drivers with high blood pressure

- Your blood pressure MUST be below 159/99 on the day of your exam or you may not qualify for a DOT card

Drivers with diabetes

- Your blood sugar should be controlled
- Bring the most recent results of a lab test (Hemoglobin A1C - HgA1C)

Drivers who use a CPAP machine

- Bring a printout of CPAP usage downloaded from your CPAP machine
- Bring at least 90 days of data, but data from the past year is best

Drivers taking blood thinner

- Bring a recent INR letter from your doctor

Drivers with heart related issues

- A letter from your cardiologist that outlines your medical history and current medications and indicates you are safe to drive a DOT vehicle
- You may also need to bring the results of a recent stress test, ECHO cardiogram, or other testing completed within the past 1-2 years

Drivers who have suffered a stroke, brain tumor, or seizure disorder

- Bring a letter from your neurologist that outlines your medical history, current medications, and current neurological and psychiatric state

Drivers with permanent loss of limb

- Bring an overview from your physician of the injury and if you have any work restrictions due to the injury
- You may need a Skilled Performance Examination in order to qualify for your DOT card

Drivers taking controlled substances

- You will most likely need a note and medical records from your treating physician regarding the safety of driving a DOT vehicle while using these medications

** The above are guidelines only and not a complete list. Additional testing or/information may be required by your DOT examiner.*