

DOT Requirements Needed PRIOR to Exam

The requirements for Department of Transportation (DOT) physical exam have recently changed requiring additional documentation that your medical examiner must complete prior to issuing you a Medical Examiners Certificate. To help us complete your DOT exam in a timely manner, please make sure that you bring any of the following information below that applies to you when you come in for your physical. If you have any of the conditions highlighted below, please bring in that information as well. Bring all medications or a **complete** list of medications with you. Having your test results and letters from your treating physicians will help make your certification process easier. If you do not have the required information, we will not be able to certify you and you will need to come back with the information. Most chronic health conditions including high blood pressure only allow for one year's certification or less. If you have a history of high blood pressure, take blood pressure medication or have a blood pressure of 140/90 or greater at the time of your visit, you will not be given a 2-year certificate.

ClearChoiceMD follows the Department of Transportation guidelines in the Medical Examiners Handbook to determine if drivers meet the guidelines for CDL medical clearance as well as the length of time a qualified driver may be certified for. It is YOUR responsibility to report to your employer and your examiner if any serious illness, injury, or surgeries occurs during the time you are certified. For those instances, you should have a medical clearance exam prior to returning to work.

1. If you require **correction to your vision**, whether or not you routinely wear contacts, **you must bring a pair of glasses** with you to the exam.
2. If you wear **hearing aids** please bring them and extra batteries to the exam.
3. If you have had a **Heart Attack, MI, Stents, Angioplasty (Ballooning), or Angina**, you will require a cardiology consult **BEFORE** your CDL exam. Please call our office for assistance with this consult. We have a form letter for your Dr. to make this process easier. You will also need to bring a copy of your most recent **EKG and** your last exercise stress test results.
4. If you have had a **Stroke (CVA), Seizure, Traumatic Brain Injury, or TIA** you will require a neurology consult **BEFORE** your CDL exam. Please call our office for assistance with this consult.
5. If you have **Diabetes** you are required to bring a letter from your treating doctor

BEFORE your CDL exam. We will need to have the following specific areas addressed to include: a one-month log of your fasting blood sugars **and** most recent Hemoglobin A1c (HbA1c). Please call our office for assistance with this consult. We have a form letter for the Dr. to make this an easier process. Bring in all of your diabetes medications and fasting blood glucose logs for the past month.

6. If you have adult **ADHD or ADD** and are being treated for this we need a consult from your treating doctor or mental health provider with specific information **BEFORE** your CDL Exam. Please call our office for assistance with this consult. We have a letter for the Dr. to make this an easier process.
7. If you are currently being treated for **Depression or other Mental Illness** we need a consult from your treating PCP or mental health provider with specific information **BEFORE** your CDL Exam. Please call our office for assistance with this consult. We have a letter for the Dr. to make this an easier process.
8. If you are currently being treated for **Sleep Apnea or Other Sleep Disorder** we need a consult from your treating PCP or mental health provider with specific information **BEFORE** your CDL Exam. Please call our office for assistance with this consult. We have a letter for the Dr. to make this an easier process. If you use a CPAP machine we will need to see a printed copy your usage statistics for the last month. The company that manages your CPAP machine should be able to help you obtaining this information.
9. If you are on **Medications** please bring them with you to your visit. If you are on medications that require level monitoring (like Coumadin, warfarin or tegretol) please bring a copy of your most recent lab results.
10. If you have a **pacemaker**, you will need to bring the most recent documentation of your annual pacemaker check.