



BEFORE YOUR DOT EXAM

REVIEW THE FOLLOWING CHECKLIST, BASED ON FEDERAL REGULATIONS

- Bring complete list of all medications including the doses.
- If you require eyeglasses, contacts, or hearing aids be sure to bring them for your test. You will be required to pass a vision and hearing test.
- Your blood pressure must be below 140/90 on the day of your exam or you may not qualify.
- If you have diabetes your blood sugar **MUST** be controlled. Bring the most recent lab test called a Hemoglobin A1C and your blood sugar logs or other records related to your diabetes.
- If you have nighttime sleep disturbances such as sleep apnea and use a CPAP machine, bring a reading from your machine documenting your proper use of the machine; a letter from your specialist may also be required. Bring at least 90 days of data, but data from the past year is best.
- If your body mass index (BMI) is 35 or greater, or if your neck size is 17" or greater, then you will need a sleep study before your DOT exam. Contact your physician to arrange this.
- If you have heart related issues, (including stent placement, valve replacement, pacemaker, open-heart surgery, cardiac bypass surgery, or heart attack): at minimum, bring a letter dated within the past year from your cardiologist (heart specialist) that outlines your medical history and current medications and indicates you are safe to drive a commercial 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.**
- If you have suffered a stroke, a brain tumor, seizure disorder, or bleeding in the brain bring a letter from your neurologist (brain and nerve specialist) that outlines your medical history, current medications, and current neurologic and psychiatric state, and indicates that you are safe to drive a commercial vehicle.
- If you have experienced the permanent loss of use in an arm or a leg, bring an overview from your physician of the injury and if you have any work restrictions due to injury. You may need a Skilled Performance Examination in order to qualify for your DOT card.
- If you are taking any medications that may cause sedation or sleepiness or controlled substances (includes narcotics, sleeping pills, anxiety medication, ADHD medication) bring a note and medical records from your treating physician indicating that you are safe to drive a commercial vehicle while using these medications.
- If you are taking the blood thinner Coumadin (Warfarin) bring a recent INR (blood level) and a clearance letter from your doctor.

If you are uncertain if you will qualify for a DOT card, you may want to schedule a visit with your primary or specialty physician BEFORE your re-certification date. Each physical examination, just like each DOT application, is unique.

The above are guidelines only, and not meant to be all inclusive or as a guarantee of passing the exam. Additional testing and/or information may be required by your DOT examiner.