

DOT Exam Medical Requirements Checklist

- VISION** If you require vision correction, bring your glasses / contacts to the exam.
- HEARING** If you wear hearing aids, bring them (and an extra power source) to the exam.
- HEART** If you have had a heart attack, coronary artery stents, heart disease, chest pain, or any heart surgery, a cardiology consultation will be required **BEFORE YOU COME FOR YOUR DOT EXAM**. Bring your most recent cardiac stress test results (must be within the past 24 months), echocardiogram results (if applicable), and a clearance letter from your cardiologist to your DOT exam.
 - Pacemaker** If you have a pacemaker, you must bring documentation of a pacemaker check-up within the past year.
 - Blood Pressure** If you take blood pressure medication, bring documentation and ensure that your blood pressure is at least 140/90.
 - Blood Thinners** If you take blood thinners, such as Warfarin (Coumadin), you must provide documentation of monthly INR results and must have a therapeutic INR within one month of your DOT certification.
 - Heart Attack Risk** Your DOT medical examiner may need to conduct a risk assessment for your 10-year risk of heart attack. To do this, the examiner will need your lipid panel (Total Cholesterol, Triglycerides, HDL, LDL) lab report within the past year
- STROKE** If you have had a stroke, seizure, head injury, mini-stroke, intracranial bleed, brain infection, dizziness, or spells of fainting (syncope), a neurology consultation will be required **BEFORE YOU COME FOR YOUR DOT EXAM**.
- ANEURYSM** If you have an abdominal, thoracic, or other aneurysm (dilated blood vessels), or have had surgery for an aneurysm, bring a letter from your vascular surgeon clearing you to operate a commercial motor vehicle.
- DIABETES** If you have diabetes, you are required to bring a letter from your treating provider that documents an HgbA1C below 10% within the past 6 months and a 1-month log of your fasting blood sugar levels.
- ANXIETY** If you are being treated for adult depression, any psychiatric disorder, Attention Deficit / Hyperactivity Disorder (ADHD), or anxiety, you are required to bring documentation from your primary care provider or mental health provider about your diagnosis and treatment plan, including medications.
- APNEA** If you have sleep apnea or a sleep disorder, a sleep specialist consultation will be required **BEFORE YOU COME FOR YOUR DOT EXAM**.
- SMOKING** If you are a smoker above age 35, have asthma, CPOD, or other respiratory illness, you will be required to complete a Pulmonary Function Test.
- MEDICATION** If you take any prescription or over-the-counter medications, bring the actual medication bottles with you to your exam.