

What to bring to your DOT physical

All Drivers:

- Bring a complete list of ALL medications including doses and the prescribing doctor's name and contact information.
- Complete page one of the examination packet (found on our website)

Drivers with glasses, contacts or hearing aids:

- Bring them with you as a vision and hearing test is required as part of the exam.

Drivers with high blood pressure

- Your blood pressure must be below 140/90 on the day of your exam or you may not be qualified for your certificate.

Drivers with diabetes

- Bring your most recent HgA1C results and blood sugar logs from the past 3 months.
- Insulin-treated diabetics must have an assessment form (found on our website) completed by their treating clinician no more than 45 days before the exam.

Drivers with sleep apnea:

- Bring documentation showing proper use of the CPAP machine over the past 90 days.

Drivers with heart-related complications:

- Bring a letter from your cardiologist stating you are "safe to drive a commercial motor vehicle".
- Bring your most recent stress test results or ECHOs may also help with determination.

Drivers who have had a stroke, brain tumor, or other neurological conditions:

- Bring a letter from your neurologist is required, evaluating your medications, and current state is "safe to drive a commercial motor vehicle".

Drivers with medications causing sleepiness or any controlled substances:

- Bring a note from your treating physician(s) regarding the safety of driving a CMV while using the medications.

Drivers taking Coumadin:

- Bring your most recent INR letter from your treating clinician.

You may feel free to call the office with any questions regarding your DOT physical. If you are concerned you may not qualify for your certificate, we encourage you to speak with your primary and specialty physician prior to your exam.

These guidelines are only a recommendation for the most common complications during the physical and are not all inclusive or meant to serve as a guarantee of passing the examination. A physical exam is still required by the CME regardless of other physicians' recommendations.

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