

Guidelines for a DOT Physical Exam

Guidelines to better prepare drivers for the CDL physical exam. Below is a list of standard medical questions to expect during the exam. Note, there may be other conditions or medications that require additional documentation from your Primary Care Provider or Specialist not included in this list.

Do you take any prescription drugs, or over the counter medications? (Example, for high BP)

- ▶ Bring list of medications including dosages. (Bottles/Packages are preferred)

Do you have suspected or diagnosed obstructive sleep apnea?

- ▶ A printout within past 90 days from your CPAP machine for minimum duration of 30 days showing use for at least 4 hours/night for 70% of nights to demonstrate compliance
- ▶ If BMI (body mass index) is **35** or greater, a sleep study may be recommended to rule out sleep apnea

Do you have coronary artery disease, heart or cardiovascular problems?

- ▶ Stress test results from within the last 2 years, and
- ▶ Documentation within past 12 mos. from your cardiologist stating you are cleared to drive a commercial vehicle, and
- ▶ If taking Coumadin (Warfarin): copies of 2 INRs at least 30 days apart within the therapeutic range.

Do you or have you ever had any neurological conditions? (Stroke, Seizure, Tremors, Etc.)

- ▶ Documentation from your neurologist stating you are cleared to drive a commercial vehicle.

Do you have asthma, COPD or other Pulmonary Conditions? Age 35 and older: Are you a current OR former long-term smoker?

- ▶ Pulmonary Function Test (PFT) performed within the last year, or VH tests at time of visit for an additional charge.

Do you have diabetes? (If yes, please complete the attached documents.) Hemoglobin A1C results from within the last 3 months.



Non-Insulin-Treated



General Medication