



Requirements for DOT Physicals

Do you take any prescription OR over the counter medications?

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

Do you have diabetes?

- ▶ Hemoglobin A1C results from within the last 3 months
- ▶ Waiver for insulin-dependent patients

Do you have high blood pressure?

- ▶ 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 your BMI (body mass index) is **35** or greater you will need a sleep study to rule out sleep apnea

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

- ▶ Stress test results from within the last 2 years
- ▶ Documentation within past 12 mos. from your cardiologist stating you are cleared to drive a commercial vehicle.
- ▶ 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.

Have you had any surgeries in the last year?

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

Do you have asthma, COPD or other Pulmonary Conditions?

- ▶ Pulmonary Function Test from within the last year OR we can test you here (additional cost of \$45).

Age 35 and older: Are you a current OR former long-term smoker?

- ▶ Pulmonary Function Test from within the last year OR we can test you here (additional cost of \$45).

» If the proper documentation is not brought in at the time of your physical you may not be considered medically qualified and will be allowed up to 45 days (FMCSA guidance) to obtain the information that is required. In this event you will not be issued a medical certificate on the date of your exam.

» There may be other conditions or medications that require additional documentation from your Primary Care Provider or Specialist that is not included in this above list.