



WHAT TO BRING TO A DOT PHYSICAL EXAM

To help your visit go as smoothly as possible, please bring any medical records, medication information, and specialist documentation related to your health conditions. Having the proper paperwork available may help prevent delays in the certification process.

All Commercial Drivers



- Bring a current driver's license or government-issued photo ID
- Bring a complete list of all prescription and over-the-counter medications, including dosages
- Be prepared to provide the names and contact information of your healthcare providers
- Completing any required paperwork before arrival may help shorten your visit

Drivers Who Wear Glasses, Contact Lenses, or Hearing Aids



- Bring any corrective lenses or hearing devices that you use while driving
- A vision and hearing screening will be performed as part of your DOT examination

Drivers Being Treated for High Blood Pressure



- Bring a list of your blood pressure medications
- If available, bring recent blood pressure readings from your healthcare provider
- Blood pressure must meet current FMCSA medical certification standards

Drivers Managing Diabetes



- Bring your most recent Hemoglobin A1C results
- Bring blood glucose logs if you monitor your blood sugar regularly
- Be prepared to discuss your treatment plan, medications, and diabetic management

Drivers Diagnosed with Sleep Apnea Who Use CPAP Therapy



- Bring a compliance report from your CPAP machine
- We recommend bringing at least 90 days of usage data
- Documentation from your sleep specialist may also be requested

Drivers with Heart or Cardiovascular Conditions



Examples may include:

- Heart attack
- Coronary stent placement
- Pacemaker implantation
- Heart valve replacement
- Open-heart surgery
- Cardiac bypass surgery

Please bring:

- A recent clearance letter from your cardiologist
- A list of current cardiac medications
- Results of recent cardiac testing, such as stress tests, echocardiograms, or other evaluations if available

Drivers with Neurological Conditions



Examples may include:

- Stroke
- Seizure disorders
- Brain tumors
- Traumatic brain injuries

Please bring:

- A recent evaluation or clearance letter from your neurologist
- Current medication information
- Any restrictions or recommendations related to driving

Drivers with Permanent Physical Impairments



If you have limited or permanent loss of function involving an arm, hand, leg, or foot:

- Bring documentation describing your condition
- Bring any work or driving restrictions provided by your physician
- Additional FMCSA evaluations may be required in certain situations

Drivers Taking Certain Prescription Medications



Examples include:

- Controlled substances
- Narcotic pain medications
- Sleep medications
- Anti-anxiety medications
- ADHD medications

Please bring:

- A letter from the prescribing provider
- Documentation confirming the medication does not impair your ability to safely operate a commercial motor vehicle

Drivers Taking Blood Thinners



Examples include:

- Warfarin
- Coumadin

Please bring:

- Recent INR results
- Additional documentation from your healthcare provider if requested

Important Information



- Every DOT medical examination is different. Depending on your health history, medical conditions, and current treatment plans, additional records or testing may be required before certification can be issued.
- If you are unsure whether a medical condition may affect your certification, consider speaking with your primary care provider or specialist before your DOT appointment.

