

WHAT to BRING to be ready for your DOT Physical

Please read below to ensure a timely DOT exam and avoid a delay in getting your medical card.

Look for a DOT Physical Exam TEXT or email message with the Link to Pre-fill your medical history. You can also email us: DOTexamcenter@comcast.net for the link to complete this form on a computer.

Please fill in the health questions, this will save you time, as the DR. can review this prior to your exam.

- Bring your driver's license, and a current copy of your DOT medical card if you have one.
- In the health history portion of the exam form, include a complete list of all surgeries you have had in your lifetime and ALL your current medications, vitamins, etc. including dosages
- Passing the Vision and Hearing is required, if applicable **Bring eyeglasses, contacts, hearing aids**
- Drink water on your way. There will be a small medical urine test to check blood sugar, protein, etc.
- Limit salt, caffeine, tobacco, alcohol, and stress the night before and the morning of your exam.
- Please make sure to take blood pressure and other medications as prescribed and eat as usual.
- Bring a printed version or picture of the required documents on your phone.

Are You Being Treated for Sleep Apnea?

- Provide a report from your CPAP machine for usage 70% or more over 4 hours/night for the past 90 days, or your SD card, as we can read these. If using an Oral appliance, letter documenting use.
- Bring a letter from your provider if having trouble using your CPAP, that this is in process, or if not needed

Are You Being Treated for Diabetes? • Bring a copy of your A1C taken within 3 months
A1C goal is between 6.0-9.5 • **Insulin use requires form MCSA 5870 – PRIOR to Physical**

On Warfarin? Bring a copy of your INR taken within 3 months

Have You Had Any Heart-Related Issues, AFIB, Including Stents, Pacemakers, Heart Attack, Lung Conditions including COPD or Emphysema? CLEARANCE LETTER from your Cardiologist or MD, regarding your health condition and ability to safely drive a CMV. Some heart/lung-related/heart conditions require pulmonary function, stress test or echocardiogram every 1-2 years.
Exercise Stress greater than 6METs, LVEF greater than 40%

Medications: pain, addiction, SAP (Substance Abuse Program-in remission completion), neuropathy, sleep, Bipolar, ADD, ADHD, OCD, Depression, Anxiety, etc.

- Bring in a **CLEARANCE LETTER** from your treating physician regarding the reason for the medication and **statement regarding your ability to safely drive a commercial motor vehicle (CMV)**

History of a stroke, brain tumor, seizure, or other issues?

- Bring in a **CLEARANCE LETTER from your Neurologist to safely drive a CMV.**

Are You Returning to Work following an Accident, Surgery, or Illness?

- Bring in a letter from the treating physician releasing you to return to **full duty, with no limitations.**

Vision needs to be 20/40 in each eye Blood pressure 139/89 or less Pulse rate below 100

Vision Evaluation Report (MCSA-5871) if permanent loss of vision in one eye, Prior to Physical

Please call with any questions. **Phone: 503-287-3725**

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I understand what is needed and if required will provide this ASAP