

WHAT to BRING to be ready for your DOT Physical

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

Look for a DOT Physical Exam TEXT message with the Link to Pre-fill your medical history. You can also email us for the link to complete this form on a computer. Annette@theDOTExamcenter.com

Please fill the health questions, this will save you time.

- Bring your driver's license, current copy of your DOT medical card if you have one, a copy of your **most recent chart notes from your medical provider if you were prescribed ANY medication.**
- In the health history portion of the exam form, include a complete list of all surgeries you have had in your lifetime and ALL of your medications, vitamins etc. including dosage and reason for taking them.
- Bring eye glasses, contacts and hearing aids if needed to pass the vision and hearing tests.
- Drink water. There will be a medical urine test to check blood sugar, protein etc.
- Limit salt, caffeine, smoking, alcohol and stress the night before your exam.
- Please make sure to take blood pressure and other medications as prescribed.
- Bring in a printed version or picture on your phone of required documents.

Are You Being Treated for Sleep Apnea?

- Bring in a printed reading from your CPAP machine for the past 90 days.
- Bring in a letter of medical clearance from a certified sleep specialist if newly diagnosed.

Are You Being Treated for Diabetes? On a blood thinner?

- Bring in a recent copy of your A1C or INR taken within 3 months prior to this DOT Physical exam.
- Insulin use requires form **MCSA 5870 – PRIOR to Physical**

Have You Had Any Heart Related Issues, AFIB, Including Stents, Pacemakers, Heart Attack, Arrhythmia, Open Heart Surgery or Bypass Surgery? Lung Conditions including COPD or Emphysema?

- Bring in a **clearance letter from your Cardiologist or lung MD, regarding your health condition and your ability to safely drive a CMV.** Some heart/lung related conditions require a stress test or echocardiogram every 1-2years.

Exercise Stress test must be greater than 6 MET's, LVEF greater than 40%

Include Medications for Pain Management, ADD, ADHD, 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? • Bring in a clearance letter from your Neurologist to safely drive a CMV.

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

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

- Bring in a letter from treating physician releasing you to return to full duty.

Vision needs to be 20/40 each eye Blood pressure under 140/90 A1C under 10

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

Dr. Annette Stevko FMCSA Medical Examiner, Chiropractic Sports Physician
The DOT Exam Center 4111 NE Tillamook Street Portland, OR 97212

FAX: 503-287-3787

Annette@theDOTExamcenter.com