



PREPARING FOR YOUR DOT MEDICAL EXAMINATION

For commercial motor vehicle (CMV) drivers, the most important safety feature is YOU – the driver. Each time you turn the key, you are responsible for your own safety, as well as the safety of all the people who share the road with you. The physical examination you take for your medical certificate confirms that you are healthy enough to safely perform the demanding job of a CMV driver and keep our nation’s roads safe.

Bring Your Medical Records

If you have a medical condition, such as those listed below, you should have medical records with you for the DOT medical examiner to review. Without necessary records, you can: 1) be disqualified; 2) be given only temporary certification; or 3) your certification will be put on hold. Being prepared prevents delays.

MEDICAL CONDITIONS	MEDICAL TESTS AND RECORDS THAT MAY BE REQUIRED
Vision	Must be at least 20/20 in both eyes. OK to use glasses or lenses. Must be able to identify street light colors. Remember to bring your glasses.
Hearing	Must be able to hear a force whispered voice no less than 5 feet away. OK to use hearing aids. If hearing is questionable, a special hearing test is required.
High blood pressure (Hypertension)	Diagnosis of hypertension on treatment should have at least an annual certification; a blood pressure of 140/90 may be certified for 2 years. First time BP elevated: Stage 1 140-159/90-99 certification 1 year: Stage 2 160-179/100-109 certification period 3 months as one time certification. Within 3 months if BP is below 140/90 – may receive 1 year certification: Stage 3 - >180/110 disqualified; when BP is less than 140/90, can be certified at 6 month intervals.
Diabetes	Individuals with a stable insulin regimen and properly controlled insulin-treated diabetes mellitus (ITDM) can be qualified to operate commercial motor vehicles (CMVs) with a MEC (Medical Examiner’s Certificate) for a maximum of 12 months. The treating clinician (TC), healthcare professional who manages, prescribes insulin for the treatment of the individual diabetes, provides the Insulin-Treated Diabetes Mellitus Assessment form, MCSA-5870, to the certified ME, who in turn determines that the individual meets FMCSA’s physical qualification standards and can operate CMVs.
Heart attack	Exercise Stress Testing before returning to work and then physical performed yearly.
Stents	Asymptomatic; ETT 3 – 6 months post PCI, exercising to workload capacity of at least six METS; attaining heart rate >85% of predicted max (unless on beta blockers), rise in SBP >20mmHG without angina, no significant ST segment depression or elevation. Negative ETT every other year.
Pain Meds, Anxiety and Nerve Meds, Sleep meds, etc.	If a driver takes amphetamines, narcotic or any other habit-forming drug, driver is medically unqualified. Anti-seizure medications are disqualifying.
Sleep apnea	If CPAP prescribed, get records from prescribing physician regarding condition and use.
Smoking History	Pulmonary function test may be required depending age/physical findings.

DOT medical examiners can assist you in determining what records you might need to bring, but it is your responsibility to obtain any records and clearances to bring with you to the examination.

Cost for Additional Tests

Once you have committed to an exam, there is no refund. If you need additional tests for clearance, some of these tests can be performed at Doctors Care offices. Available tests include finger stick blood sugar, hemoglobin A1c, pulmonary function tests, chest X-ray and electrocardiograms. *Note: There will be additional charges for most of these tests.*

Any other disorders, diagnosis, or a medication that is likely to cause loss of consciousness or any loss of ability to control a commercial motor vehicle could cause you to be disqualified.

To find a Doctors Care near you and to schedule a DOT examination, visit:

[DoctorsCare.com/Locations](https://www.doctorscare.com/locations)