



DOT Physical

DOT Physical requirements effective immediately per DOT regulations:

ALL DRIVERS:

1. If you are on **ANY** medications; you must have the **name** of the medicine and **dosage** you take. This includes over the counter medicines.
2. You must have the full **name** and **address** of your treating **physician(s)**, including any specialists that you see. As well as any surgeries performed in the last 6 months & a letter clearing you from work restrictions.

Please list current medications below:

DO YOU HAVE SLEEP APNEA: YES NO IF YES SEE THE FOLLOWING:

1. Drivers with sleep apnea must bring in a letter from their treating physician stating that your problem is being treated and well controlled.
2. Some drivers who are significantly overweight will be required to undergo sleep apnea testing and treatment before getting a medical certificate.

DO YOU HAVE A HISTORY OF HEART DISEASE: YES NO IF YES SEE THE FOLLOWING:

1. You must have a letter from your cardiologist outlining any restrictions, your diagnosis, side effects of your medications and a copy of an EKG and stress test within the previous 24 months. Some conditions may require annual (yearly) stress testing or have other requirements.

DO YOU HAVE DIABETES: YES NO IF YES SEE THE FOLLOWING:

1. You must have a letter from the physician treating your diabetes that states that your condition is well controlled on your medications, that you are tolerating your medications without major side effects and a copy of an A1C performed within the last two months.
2. You must have a letter from your eye doctor from a recent eye exam documenting that you do not have any diabetic retinopathy. This is an annual (yearly) requirement.

**THE FOLLOWING CONDITIONS MAY REQUIRE FURTHER TESTING AT AN ADDITIONAL COST/
SEE MEDICAL RECEPTIONIST FOR COST**

DO YOU SMOKE: YES NO IF YES SEE THE FOLLOWING:

1. If you are 35 years or older and smoke, you will also be required to undergo lung testing. If you do not meet minimum criteria, you will have to see a lung specialist for further testing before getting a medical certificate
2. Drivers with lung disease including asthma, COPD, emphysema or chronic bronchitis will also have to undergo the same testing.

DO YOU HAVE HEARING PROBLEMS: YES NO IF YES SEE THE FOLLOWING:

1. Drivers unable to pass a whisper hearing test will be required to have an audiometry hearing test.

Signature _____

Date _____

Some perscription pain medications, sleep-aids, antidepressants and anti-anxiety medications may prevent passing the DOT screening - inquire with the Medical Receptionist or Medical Assistant for further