

## Federal Requirements for DOT Physical Examinations

- Make sure to arrive at the scheduled time.
- Please bring picture ID and your current medical card.
- If you **wear prescription contacts**, make sure you wear them and bring an extra pair of glasses for the exam.
- If you have **hearing aids**, bring them with you to the exam and bring spare batteries.
- If you take **blood thinners**, such as Warfarin or Coumadin, bring documentation that your INR has been regulated for at least the last month.
- If you have **diabetes**, bring documentation of A1C less than 8. Documentation must be less than 6 months old.
- If you have been **diagnosed with heart disease, heart attack, or other heart condition**, bring a copy of your recent cardiac stress test results from within the last two years and a note from your cardiologist clearing you to drive a commercial motor vehicle.
- If you have had **heart surgery (valve replacement/bypass, angioplasty)**, bring a note from your cardiologist clearing you to drive a commercial motor vehicle.
- If you have a **pacemaker**, bring documentation of annual pacemaker check, from within the last year.
- If you have been **diagnosed with a nervous or psychiatric disorder**, bring a letter from your psychiatrist clearing you to drive a commercial vehicle.
- If you have been diagnosed with **seizures or epilepsy**, bring documentation from your treating provider that you have been seizure free without taking seizure medication for 10 years.
- If you are on any **prescription medications**, bring the medications with you.
- If you are taking **blood pressure medication**, or if your blood pressure is greater than 140/90 during the exam, you do not qualify for a 2 year DOT card and will be issued a card of less than 2 years.
- All individuals with **sleep disorders/obstructive sleep apnea** should be referred to a clinician with relevant expertise, as OSA diagnosis precludes unconditional certification.

**Even if you see one of the providers at LMSC as a patient, it will be necessary for you, the driver, to contact us to obtain copies of your lab results before your DOT physical appointment.**

Please gather all applicable documentation **prior** to your appointment. Not having the documents will result in a delay in your certificate approval.

Please call for any clarifications or questions. We perform physicals between 8:00 a.m. and 4:00 p.m. Monday through Friday, by appointment only.

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