

DOT EXAM CHECKLIST

Thank you for choosing McLaren Occupational Health for your DOT physical. To help ensure your visit is efficient and avoid delay in receiving a DOT card, please read the information below. If any of the conditions apply to you, we will need the required details to review at your appointment. Any delay in providing documentation for newly diagnosed medical conditions may result in a failed DOT exam and a card will not be issued until all requirements have been met. Forms can be found at fmcsa.dot.gov.

If you wear glasses or contact lenses

- Bring your glasses, contacts, or a completed Vision Evaluation Report (Form MCSA-5871) from your eye doctor.
- Your vision must be 20/40 to pass.

If you wear hearing aids

- Bring them to your exam.
- Your hearing will be tested.

If you have high blood pressure (Hypertension)

- Your blood pressure reading at the time of the exam must be less than 140/90 to pass.

If you have diabetes

- If you use insulin to manage your diabetes, your doctor must complete form MCSA-5870 45 days prior to the exam.
- Non-insulin diabetes requires most recent HgbA1c must be less than 10.

If you have heart disease

- Bring a clearance letter from your cardiologist clearing you to drive commercially.
- Bring results of a stress test completed in the last two years and Echocardiogram showing EF>40%.

If you have had a stroke or TIA

- Bring a clearance letter from your neurologist. The **type** of stroke will determine the waiting period and passing requirements based on DOT guidelines. This includes head injury and other neurological conditions.

If you have had seizures

- Bring a letter from a neurologist indicating you have been seizure free for 10 years without medication.

If you have psychiatric conditions

- A clearance letter from your treating provider may be required.

If you have sleep apnea

- Bring a copy of the compliance report for at least the past 30 days of CPAP use. Your machine company can help with that.

If you take anticoagulation medications

- If you take Coumadin (warfarin) bring a recent copy of your INR (blood level) result.

If you have a pacemaker or defibrillator

- Bring documentation of recent annual pacemaker check.
- Implantable Cardioverter-Defibrillators (ICD) are disqualifying.

If you take any medications

- Bring a list of all medications, including the prescribing doctor. Some medications may require clearance from your treating provider by completing 391.41 CMV Driver Medication Form, MCSA –5859.

If you use marijuana

- Use of Marijuana is a disqualifying substance.

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