

## PREPARING FOR YOUR DOT MEDICAL EXAM

We want to help you navigate the DOT exam process. Preparing ahead is the best way drivers can help us provide you with an efficient exam process. Please note the following before your DOT/CDL exam:

**Long form.** Fill it out accurately and completely, and sign both pages 1 and 2. *The exam is not valid without both driver signatures.* Please read the page 2 signature portion carefully as it covers the potential for invalidating the exam, and/or civil and criminal penalties for inaccurate, false or missing information on the form.

**Be mindful of diet.** Please keep in mind excess sugar, carbohydrates and caffeine consumed prior to your exam may impact your blood sugar and blood pressure.

**Hearing / vision.** Bring hearing aids, glasses or contacts needed to meet standards.

**Bring a list of all medications.** If you are taking any medications that may affect your alertness or the ability to drive a commercial vehicle, consult your treating provider BEFORE your DOT exam.

A letter from your provider may be necessary to clarify which medications you are currently taking or no longer taking. Please note DOT has indicated some medications are not recommended when operating a commercial vehicle, so a letter from your provider may not in itself qualify you to operate a commercial vehicle.

**Documentation of medical conditions.** If you have any of the following medical conditions, documentation must be brought to your appointment or submitted prior to scheduling. Missing documents may impact clearance.

Condition	Documentation Needed
Diabetes – Not Treated with Insulin	Last HgA1C lab (within past 6 months) Letter from your primary care provider (PCP) confirming <i>no history of insulin use</i> , hypoglycemia episodes or complications.
Diabetes – Treated with Insulin	Exam appointments are limited to MultiCare Occupational Medicine-Kent. Requires special documents completed and submitted to the clinic <u>prior to scheduling</u> your appointment. Documents can be downloaded from our website, or email request to OccMed@multicare.org. <i>WA School Bus Drivers:</i> Bring all completed and signed pages in OSPI document #1643 to your appointment.
Sleep Apnea	1-CPAP compliance log (printed 90-day report) showing over 70% usage with over 4 hours usage / night. 2-Letter from your treating medical provider stating <b>(a)</b> you are compliant with CPAP/APAP usage, <b>(b)</b> that you do not suffer from narcolepsy, and <b>(c)</b> that you are safe to operate a commercial vehicle given your diagnosis and treatment plan.
Heart Disease	Clearance letter from your cardiologist, and documentation of Ejection Fraction rate and possible Exercise Tolerance Test/Stress Treadmill
Depression/Anxiety	A letter from your primary care provider (PCP) confirming stable medication usage, no history of suicidal behavior or ideation, or recent hospitalization.
History of Alcohol or Substance Abuse/ Rehabilitation	Letter from your SAP (substance abuse counselor) stating no current clinical diagnosis and stable condition
Attention Deficit Disorder (ADD)	A letter from your primary care provider (PCP) confirming stable dosage, no history of abuse or misuse of medication
Medical condition treated w/Coumadin or Warfarin	For example, Atrial fibrillation. Documentation of stable INR labs for the past 90 days.

For additional information, visit FMCSA online:

<https://www.fmcsa.dot.gov/regulations/medical/reports-how-medical-conditions-impact-driving>

<https://www.fmcsa.dot.gov/faq/Medical-Requirements>

<https://www.fmcsa.dot.gov/medical/driver-medical-requirements/medication-issues>

<https://www.fmcsa.dot.gov/medical/driver-medical-requirements/driver-exemption-programs>

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