

# DOT *Protocol*

- To receive a more accurate assessment, it's recommended to limit caffeine intake, stay hydrated, ensure meds are taken and bring proper documentation.
- The length of the DOT Certification is based on physical assessment and is subject to provider's discretion.
- If any of the following items or conditions applies to you, **you must bring the referenced documentation with you to your appointment or we will not be able to process your DOT Certification.**
- Please note that any letters from specialists or primary care providers should always **include that they feel you are cleared to operate commercial vehicles.**
- Please be aware that if you have a major change in your medical status such as a heart attack, surgery, major injuries, change in medications, etc., you will need to get another DOT Exam for a new license.

## MEDICATIONS

You will need to provide a list of all your prescription medications with dosages and when it is taken. This includes over the counter medication, herbal medicines and diet supplements.

## **BLOOD THINNERS: Anticoagulation medication, such as Coumadin/Warfarin**

We need documentation from your physician or lab work (INR Test) for the past 3 months. The documentation should state that you are consistent with getting tested and stable without frequent adjustments to dosages.

## DIABETES

- You will need to provide a printed Hgb A1C lab result from the last 3 months. (Hemoglobin A1C must be less than 10).
- You will need to provide a copy of last office visit/physician letter summarizing your case, any restrictions, compliance with treatment and if there were any low blood sugar events and what the treatment was.
- If you are on insulin you will need to provide a completed form MCSA-5870 or you cannot be cleared.



## **HYPERTENSION / HIGH BLOOD PRESSURE**

Have your regular check-ups with your Doctor to ensure your blood pressure is well controlled. Take the medication prescribed by your Doctor. If your blood pressure is well controlled (less than 140/90), no other information should be required.

## **OBSTRUCTIVE SLEEP APNEA / OTHER SLEEP DISORDERS**

- If you have had a sleep study done in the past, you will need to provide a copy of it to record the diagnosis and treatment recommended by the test. This may be a sleep study that doesn't show OSA so that we know treatment is not needed.
- You will need to provide current CPAP usage report for the past months or if CPAP started after your last DOT Physical, bring usage record from date it was started until present exam date. Adequate usage is at least 4 hours per night for 70% of the nights. If you are a new user, a minimum report of 90 days is recommended.

## **GLASSES, CONTACT LENSES, HEARING AIDS**

- Bring your glasses, contacts and hearing aids with you for the DOT Physical.
- If you have poor vision worse than 20/40 in one eye or both eyes together, you will not pass.

## **CARDIAC VALVE CONDITIONS OR VALVE REPLACEMENTS**

- You will need to provide your last cardiology office visit note within the last 12 months, results from any diagnostic testing performed within the last 12 months AND a letter from cardiologist summarizing your case and indicating activity restrictions and compliance with treatment. The letter needs to specifically state you are cleared to operate a CMV.
- If you are currently using blood thinners such as Coumadin/Warfarin that require laboratory checks, then please see the information on Page 1 for blood thinners.



## **CARDIAC HISTORY OF HEART FAILURE, CORONARY ARTERY BYPASS, STENTS, AND/OR HEART ATTACK**

- You will need to provide your last cardiology office visit note within the last 12 months AND a letter from the cardiologist summarizing your case and indicating activity restrictions and compliance with treatment. The letter needs to specifically state you are cleared to operate a CMV.
- For stents, you will need to provide a copy of your last stress test/ETT report. This needs to be a satisfactory test (tolerance of 6 METS with no significant ST changes) within the last 2 years.
- For bypass, you will need to bring documentation of your last Ejection Fraction post bypass, must be at least 40%. Beginning at 5 years post bypass, you will need to provide a copy of your last stress test/ETT report. This needs to be a satisfactory test (tolerance of 6 METS with no significant ST changes) completed within the last year.

I \_\_\_\_\_, understand that if any additional results occur during my DOT Physical (i.e. high blood pressure, abnormal urine results, or failure of the eye exam) I will not be refunded my \$125.

Patient signature: \_\_\_\_\_

Date: \_\_\_\_\_

