



Tips for Preparing and Taking Your DOT Physical Exam

Urgent Medicare wants you to be successful with your DOT physical exam, so we have prepared this handout to assist you in getting ready. By reviewing these recommendations, you can better decide if you are ready for your test. In accordance with federal regulations, in the unfortunate event you do not pass your exam today, you will need to repeat the process at a later date, including providing payment for that new exam.

Preparing for Your Exam

- Be well rested for your exam.
- Take any medications as scheduled leading up to your exam.
- Avoid caffeine (including energy drinks), products containing nicotine, alcohol, and extra salt for several days prior to your test (preferably cut back 1-week prior to your exam).
- Arrive early so you will not feel rushed or stressed.
- Plan to take your exam well before your current card expires to decrease stress about passing and to allow for unforeseen complications.

What You Need to Bring

- Proper identification (i.e., current driver's license).
- Full bladder for required urine sample.
- Eyeglasses or contacts (if applicable).
- Hearing aids (if applicable).
- Proper documentation from current medical providers (see more below).
- List of current medications including dosing information, prescribing provider, and when you started taking the medication.
- Contact information for your medical provider if we need to contact them on your behalf (ex. we may need them to fax over additional information).

Advanced Planning

Depending on your medical conditions, you may need to provide additional documentation. We can **NO LONGER ACCEPT** a letter from your medical provider stating you "have no work limitations." DOT regulations are mandated by federal law and may have changed at the federal level. Below are some of the most common:

- **Diabetes:** Must be well controlled. Requires documentation of screening for diabetic retinopathy (including results) which **MUST be evaluated by an ophthalmologist. A Diabetic on insulin is disqualifying, unless provided a Federal Diabetes Waiver.**
- **High Blood Pressure:** List of medications and prescribing provider.



- **Heart Conditions:** Requirements may vary based on your condition but may include documentation of a recent: EKG, echocardiogram, stress test, pacemaker/defibrillator functional evaluation, and/or notes from a recent visit with your cardiologist (e.g., history of heart attack, stent placement, AFib, AFlutter, or surgery such as valve replacement, bypass, or placement of stent, pacemaker and/or defibrillator). Certain conditions or surgeries are not disqualifying but may require a waiting period.
- **Sleep Apnea:** Documentation verifying your CPAP machine is operating effectively and that you are compliant with using your CPAP machine (ex. sleep apnea CPAP machine 90-day usage printout).
- **COPD/Asthma:** You may have to show results of a recent Spirometry Test or have this test performed.
- **Anti-Coagulation Therapy:** Bring a copy of your most recent INR results which should not be greater than 1 week old.
- **Medications:** Sometimes a medication is used for other conditions (ex. anti-seizure medications). Bring a letter from the prescribing provider that explains the reason you are on that medication and indicates any side effects that you may be experiencing.

Length of Certification

Under the new guidelines, there may be certain conditions, medications or circumstances that may limit your certification timeframe to 3 months, 6 months or 1 year. The examining provider can inform you during your appointment if there are any limitations to providing you a 2-year certification.

Please be aware, this list is not exhaustive. If you have questions about your specific circumstance, please call ahead of your appointment for more information.