

## ***DOT Medical Examinations***

### ***PLEASE READ BEFORE SCHEDULING YOUR APPOINTMENT FOR YOUR DOT MEDICAL EXAMINATION***

Effective May, 2014, the Federal Motor Carriers Safety Administration (FMCSA) has implemented new guidelines for medical certification and recertification for commercial driver's licenses under the Department of Transportation (DOT).

***IF YOU ARE PRESCRIBED ANY MEDICATION OR BEING TREATED FOR A MEDICAL CONDITION, A LETTER FROM YOUR PRESCRIBING PHYSICIAN WILL BE REQUIRED IN ORDER FOR YOU TO RECEIVE YOUR MEDICAL CERTIFICATION.***

The following medical conditions may require additional testing and/or follow up prior to being issued a medical certificate for driving.

### ***HYPERTENSION (HIGH BLOOD PRESSURE)/HYPER LIPIDEMIA (HIGH CHOLESTEROL)***

Required: A letter from your treating physician stating your condition is well controlled and you are able to safely operate a commercial motor vehicle.

### ***DIABETES***

Required: A letter from your treating physician stating your condition is well controlled and you are able to safely operate a commercial motor vehicle.

Recent (within 3 months) a copy of you hemoglobin A1C. Diabetic eye exam within past year

### ***CAD (CORONARY ARTERY DISEASE)***

Required: A letter from your treating physician stating your condition is well controlled and you are able to safely operate a commercial motor vehicle.

If you have had a stent, bypass, or other cardiac surgery, you must have a recent letter from your cardiologist stating you are able to safely operate a commercial motor vehicle.

A yearly evaluation by your cardiologist to include a stress test as well as an echocardiogram if you have had a bypass.

### ***PACE MAKER***

Required: A letter from your treating physician stating your condition is well controlled and you are able to safely operate a commercial motor vehicle.

An annual evaluation and letter of clearance from your cardiologist stating you are cleared to operate a commercial motor vehicle is required prior to your medical certification.

***CHF (CONGESTIVE HEART FAILURE)***

Required: A letter from your treating physician stating your condition is well controlled and you are able to safely operate a commercial motor vehicle.

A yearly evaluation by your cardiologist to include an echocardiogram.

***CHRONIC PAIN SYNDROME***

Required: A letter from your treating physician stating your condition is well controlled and you are able to safely operate a commercial motor vehicle.

Also if you are being prescribed any controlled medications for your condition, your provider must write a letter stating you have been informed not to take any narcotic or controlled substances within 8 hours of driving a commercial motor vehicle.

***ANXIETY/DEPRESSION***

Required: A letter from your treating physician stating your condition is well controlled and you are able to safely operate a commercial motor vehicle.

Also if you are being prescribed any controlled medications for your condition, your provider must write a letter stating you have been informed not to take any narcotic or controlled substances within 8 hours of driving a commercial motor vehicle.

***HEARING DIFFICULTIES***

If you wear hearing aids be sure to bring them with you for your physical.

***VISION ISSUES***

If you wear corrective lenses, please bring them with you for your medical examination.

***AMPUTATIONS***

A special waiver may be required from the DOT prior to receiving a medical certification. Please refer to the DOT/FMCSA web site for the specific requirements.

***SEIZURE DISORDERS***

***Please note:*** Many seizure disorders are automatically disqualifying for operating a commercial motor vehicle

Required: A letter from your treating physician stating your condition is well controlled and you are able to safely operate a commercial motor vehicle.

***SLEEP APNEA***

Required: A letter from your treating physician stating your condition is well controlled and you are able to safely operate a commercial motor vehicle.

You must have a copy of your annual sleep study present for your examination.

***INSOMNIA***

Required: A letter from your treating physician stating your condition is well controlled and you are able to safely operate a commercial motor vehicle.

Also if you are being prescribed any controlled medications for your condition, your provider must write a letter stating you have been informed not to take any narcotic or controlled substances within 8 hours of driving a commercial motor vehicle.

***ADD/ADHD***

Required: A letter from your treating physician stating your condition is well controlled and you are able to safely operate a commercial motor vehicle.

Also if you are being prescribed any controlled medications for your condition, your provider must write a letter stating you have been informed not to take any narcotic or controlled substances within 8 hours of driving a commercial motor vehicle.

***SURGERIES***

If you have had any recent surgeries or procedures, please ensure you have been cleared by your surgeon or treating physician prior to scheduling your appointment. Some surgeries and procedures may have a specific waiting period between the time of surgery and when you can be medically certified to operate a commercial motor vehicle.

***MEDICATIONS***

Many medications may be disqualifying or require special consideration before operating a commercial motor vehicle. Some of these are: Dilantin, methadone, Lyrica, Neurontin, amitriptyline, nortriptyline, insulin, Depakote, oxycontin, oxycodone, morphine, adipex, Prozac, ambien, lunesta, Xanax, valium, Ativan, Lexapro, Zoloft, Seroquel, marinol, klonopin, suboxone, thiorazine, Mirapex, meclizine, Namenda, Aricept, symmetril.