

# What do I need for a DOT physical exam?

It is mandated by federal guidelines that anyone applying for a commercial driver's license (CDL) must pass the Department of Transportation physical exam. The goal of this test is to determine whether a potential driver is physically capable of driving safely now and in the foreseeable future. Passing the exam successfully means that your DOT medical card is valid for 2 years if you have no restrictions. A history of high blood pressure, taking high blood pressure medications, a sleep disorder, and taking oral medications for diabetes can restrict the medical card to one year or less, depending on how frequently the condition needs monitoring.

## Things You Must Bring To Your Appointment

A Copy of your valid **driver's license**.

**Eye glasses or contact lenses**, if applicable. If you recently had an eye exam it would be helpful, but not necessary, to bring that exam report with you. With or without vision corrections, each eye, as well as both eyes combined, need to have 20/40 vision. The ability to distinguish color is necessary.

A **working hearing aid**, if applicable. Required to hear a forced whisper at a minimum of 5 feet

**Documentation** if you have received treatment for a medical condition/are on medication/are using a CPAP, blood pressure Your blood pressure has to be lower than 160/100. Prescription medication may be used to control blood pressure. diabetes Blood sugar may not be higher than 200. ; diabetes controlled through a diet or oral medication is permitted. diabetes that requires insulin injection bring 6 months of documentation related to any conditions you are being treated for.

**Medical release opinion letter** (If applicable) from your primary doctor or specialist for any medical conditions being treated, or recent illness, injury, or surgery.

Current **FMCSA Waiver or Exemption Certificate** or **Skills Performance Evaluation** if applicable. No use of a Schedule 1 drug, amphetamine, narcotic or any habit forming drug is permitted.

## Things To Prepare For Your Appointment

Make sure to continue taking your prescribed medications as usual.

Wear loose clothing for the physical exam

.Don't use the restroom just before your appointment. You will need to give a small urine sample for a kidney screen. This is not for a drug test.

## What To Expect During The Examination

The doctor will review your health history with you. Conduct a thorough physical examination. Run a urine screen (dip-stick test) for urine specific gravity, urine protein, urine blood, and urine sugar, to check for the onset of possible disqualifying medical conditions Help the DOT doctor help you. Come prepared to your DOT Physical exam appointment. Bring everything you need. Then it'll just be a matter of checking through each item on the Medical Examination Report and you should be done and set with your new DOT Medical Card in about 30 to 45 minutes.

**Time:** Allow ample time before your physical expires. In worse cases, drivers have been told they must have unplanned testing completed and follow-up treatment before a doctor will issue or renew the medical card. Periods of 30 days or longer are common for this.