

DOT Physical Examination Checklist

HOW TO PREPARE AND WHAT TO BRING



ESSENTIAL ITEMS FOR ALL DRIVERS

Required Documentation

- ☐ **Valid driver's license** or acceptable form of ID
- ☐ **Complete list of ALL medications** (prescription, over-the-counter, and supplements)
 - Include prescribing doctor's name and contact information
 - Consider bringing actual medication containers for verification
- ☐ **CMV Driver Medication Form 5895**
- ☐ **Current DOT medical card** (for renewals)
- ☐ **Medical records** of current or past medical conditions (optional)



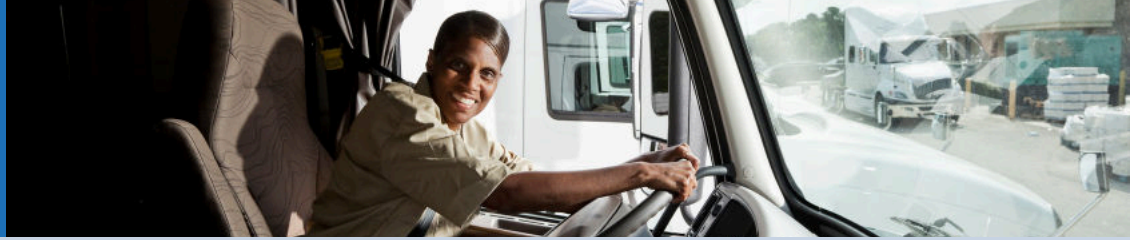
Physical Preparation

- ☐ **Do NOT urinate** just before the exam (urine sample required)
- ☐ **Stay hydrated** - drink water before your appointment
- ☐ **Get adequate sleep** the night before
- ☐ **Take your regular medications** as prescribed



VISION AND HEARING REQUIREMENTS

- ☐ **Eyeglasses or contact lenses** (if you use them)
- ☐ **For monocular vision exemption** - Form MCSA-5871
- Hearing aids** (if you use them)
- ☐ **Current hearing test results with hearing aids** (from audiologist)



CONDITION-SPECIFIC REQUIREMENTS



High Blood Pressure

- ☐ **Take your blood pressure medication** on exam day (as normally prescribed)
- ☐ **Physician's note** indicating treatment to control BP (reading must be 140/90 or less)
- ☐ **List of BP medications and dosages**
- ☐ **Avoid caffeine and nicotine** several hours before exam



Diabetes

- ☐ **Most recent HbA1C results** (within last 6 months)
- ☐ **Blood sugar logs** or diabetes monitoring records
- ☐ **Provider statement** documenting diabetes control and complications
- ☐ **All prescribed diabetes medications**
- ☐ **If insulin-treated diabetes** - Form MCSA-5870 (required to be completed)
- ☐ **If non-insulin-treated diabetes** - Form MCSA-5872 (optional)



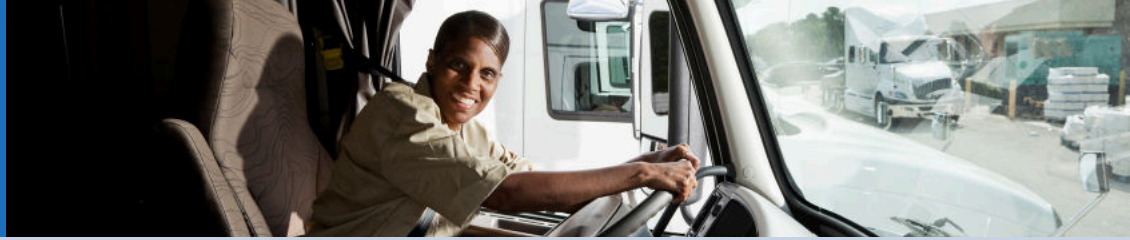
Heart Conditions (Heart Attack, Stents, Pacemaker, Surgery)

- ☐ **Cardiologist clearance letter** stating safety to drive commercial vehicle
- ☐ **Recent stress test results** (within 2 years)
- ☐ **Echocardiogram results** (if applicable)
- ☐ **Pacemaker check documentation** (within past 12 months, if applicable)



Sleep Apnea/CPAP Use

- ☐ **Sleep study copy** (if not on file with examiner)
- ☐ **CPAP compliance report:**
 - **First-time certification:** 30-day usage statistics minimum
 - **Annual recertification:** 90-day to 1-year usage data (check with your examiner for specific requirements)
- ☐ **Letter from sleep specialist** regarding condition status
- ☐ **Usage must show ≥4 hours/night for ≥70% of nights**



CONDITION-SPECIFIC REQUIREMENTS (CONTINUATION)



Neurological Conditions (Stroke, Seizure, Brain Injury)

- ☐ **Neurologist clearance letter** detailing:
 - Medical history and treatment
 - Current neurological and mental state
 - Safety assessment for commercial driving



Mental Health/Medications

- ☐ **Provider note** for anxiety, ADHD, depression, or psychiatric medications stating:
 - Medications are well-tolerated with no daytime sleepiness
 - Safe to operate commercial vehicle
 - List of medications and dosages
 - Duration on medications



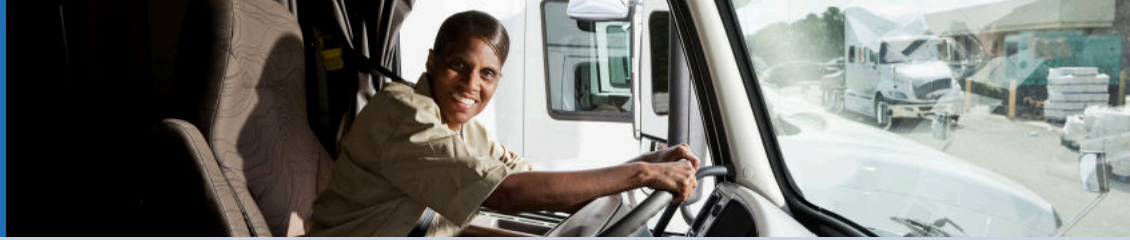
Blood Thinners (Coumadin/Warfarin)

- ☐ **Most recent INR test results** (within one month of certification)
- ☐ **Therapeutic INR required** for certification
- ☐ **Physician clearance letter**



Physical Disabilities

- ☐ **Physician statement** about work restrictions (permanent loss of arm/leg use)
- ☐ **Skilled Performance Evaluation** (may be required)



PRE-EXAM PREPARATION TIPS

WHAT TO DO:



- ☐ **Schedule appointment in advance** to get convenient time slot
- ☐ **Bring a certified medical examiner** (check FMCSA National Registry)
- ☐ **Consult your healthcare provider** if you have concerns about passing
- ☐ **Gather all required documentation** well before your appointment

WHAT TO AVOID:



- ☐ **Don't consume caffeine or nicotine** several hours before exam
- ☐ **Don't eat salty foods** before examination
- ☐ **Don't drink sugary drinks** before exam
- ☐ **Don't urinate** immediately before arriving

IMPORTANT REMINDERS

CRITICAL NOTES:



- DOT physicals are valid for up to 24 months unless medical examiner requires more frequent monitoring
- Blood pressure must be below 140/90 for standard certification periods
- Drivers on insulin: Must provide MCSA-5870 form completed by treating physician within 45 days
- CPAP users: Annual certification required with documented compliance
- Missing required documentation will prevent same-day certification
- You may need to return within a given timeframe with missing information

FINAL CHECKLIST:

- ☐ All applicable items from above sections gathered
- ☐ Appointment scheduled with certified DOT medical examiner
- ☐ Understanding of your medical conditions and required documentation
- ☐ Preparation steps completed (rest, hydration, medication timing)

This checklist is based on FMCSA requirements and best practices. Individual cases may vary. Consult with your healthcare provider and DOT medical examiner for specific guidance related to your medical conditions.